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Shadows Of a Witch

For the Witch that Seeks Balance and Truth

Written by

**Shewolf Silver Shadows
{CMFJ}**

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Editors of Shadows of a Witch follow:
Please note that neither are professional editors

Heather McCarthy
C.M.F.J.

This book is dedicated to:

To my child, because everything I do now is for my child even if it is reaching for my own dreams so that my child will learn from my actions that dreams do come true, goals can be reached, and magic does happen. I know magic is real every single time I look into the eyes of my most precious little one, he is my world, and he is my magic. I love you my precious 'little man'.

My Sister, because she is my best friend even after all the crap we have been put through and survived, together and separately. I love her more than words could ever say. And she just happens to be the best Aunt my child could ever dream of! I love you V. A. J.

To my significant other, the father of my child, because he is a wonderful man and even if he is not pagan, and does not fully understand my path he loves me and our child, and he takes care of us in every way with love and laughter and light. Also in hopes that this book will help him understand me and my peace-filled and beautiful path, my way of life, and the Shadows of this Witch. I do love him dearly.

To my Daddy, because he is the one that really taught me about the real beauty and magic found in nature. He taught me about honesty and hard work, and that respect is something you earn. He is a very special and unique man.

Nancy

My Mother, because with out her I would not have been born, and especially to a family of the Craft. I learned a lot of what to and not to do from my mom. I would not have learned the dark so well that I learned from it to appreciate the light. She taught me much. I love you mom.

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Note to Witches, Wiccans and Other's Alike

You will discover that this book is mainly about Witchcraft and Eclectic Wicca, but that the more ancient Traditional Witchcraft has been added in, as has bits of more Traditional Wicca.

In as little as the past fifteen years I have seen that the lines between Witchcraft and Wicca have blurred so much that it is nearly impossible for the 'New Witch' to discover what even the most general of differences are between Witchcraft and Wicca. This book has been created -not- to offend either 'Traditional Wiccans' or those of more 'Traditional Witchcraft', neither has it been created to step on anyone's toes, ways or beliefs, but to offer a different perspective.

I have created this book in hopes of providing as accurate information as I can on many different topics and paths that I personally feel affect the path of a balanced Witch. Information that I feel is valuable to help create a tolerant, knowledgeable and balanced solitary practitioner of Witchcraft or Wicca.

I fully admit that I am not the end all be all source of information to be found, and that even though I am a teacher I am always a student with a thirst to learn as well. Above all, I admit that I am **'human'** and subject to **imperfections** and possibly mistakes. So I do ask that if you proceed in viewing the pages that lay ahead then do so with an open mind and a soul for learning. Just remember that there are lessons to be learned in everything if you wish to learn them, and

whether you *agree* with the lessons being taught or not, you can learn from them.

I will be as honest and as accurate on the information provided within the following pages as my over twenty years of study, practice and research allow. Please remember that the following content is meant for anyone and everyone, but has been created with the solitary Witch in mind.

Also note that the information within this book is not meant to replace medical advice of any sort. I am a Mother, a Spiritual Counselor, and yes even a Healer to some degree, but I am NOT a medical doctor or a psychiatrist either. So the information within this book is purely from a Witches point of view, I hope that what you find in this book can change your life, but I am not qualified to save a life, at least not in a medical fashion.

The old saying that you can please all the people some of the time, some of the people all the time but you can never please all of the people all of the time holds true.

I ask that you also understand that this is only skimming the surface of the many differences between Traditional Witchcraft and Eclectic Wicca. You will not discover a detailed theology on either here, but more of a solid foundation, a great *starting* point.

My sincere hope is that you may find the *balance*.

Magickal Mix

***Meet the Witches and Other's that helped create this magickal mix
of a book.***

If it were not for the amazing help, input and guidance from the following people this book would not be the amazing work that it has turned out to be. And you, the reader, would not be holding such a valuable source in your hands. The following people have helped in their own ways to shape this text into what it is. There are not actually enough words for me to thank them.

Minerva, My Great Grandmother

Tammy, my guide

TranquilStar Snowcat (Heather)

Bobbi/ShadowWolf

Gani/Gwen

Celtic Wolf (Lisa)

Minerva

Darkness Herself/DarkStar

Memory and Dream or M

Diana Vera

The Mesh Witches

The Members of the Wolfpath, more then a pack, a family!

The Members of In the Shadows

Preface

Why would I want to write a book on Witchcraft or Wicca when there are all ready so many excellent ones out there? Well, the answers are plain and simple; although I feel that there are many valuable texts out there already on Witchcraft and Wicca, I personally feel that something is missing, the separation between Witchcraft and Wicca, a distinction between one and the other.

The second reason that I am writing this book is I hope to provide a balance within this book that I feel is missing in the literary world today. Today it is so easy to find books totally dedicated to the beautiful religion of Wicca. If you seek them out you can even find books now that are focusing on the actual 'real' darker side of Witchcraft, and even a few books are popping up on Traditional Witchcraft. You can find books on black magic or white magic, but it is very unique to find a book that offers the balance between the darkness and the light. That is one of the things I hope that this book will offer: *balance*.

The third reason for this book is the hope that it may become a source and guidebook in a sense. Meaning that there will be a lot of different things within the pages of this book that may not be found in 'one place' before, but you may find in many different places or several different sources before, but never in 'one place'. The one place to find things such as brief information on Vampires, Other

Pagan Paths, Satanism, Fairies, even Werewolves and Merfolk and of course the foundations of how to be a balanced witch.

Introduction

Today the lines between Witchcraft and the newer religion of Wicca are becoming so blurred that it is nearly impossible for a new witch, or someone seeking information about Witchcraft or Wicca, to distinguish any relevant differences between the two. Within the pages of this book you will discover information on the differences between Witchcraft and Wicca. There will be input from various practicing Witches and Wiccans to also learn from.

This book reflects its title, 'Shadows of a Witch'. It provides the blend of light and dark and the substance in between that creates the shadows. For in my many years of learning one of the main things I have learned is that no one is all light or dark there are always the many areas of *gray*, shadows if you will, that make up an individual, especially the individual called a Witch.

Welcome to Shadows of a Witch, come and discover the many changing and growing shades that make up a Witch, or at least, this Witch. When you walk away I hope that you will have discovered something that made you stop and think, or something that made you open your eyes to being just a little more tolerant, or made you just a little wiser. There are many things found in the Shadows of a Witch.

There are personal comments in the form of quotes within this book from other practicing Witches and I have left their words just as they shared them with me. I did not edit spelling or typing or anything from these quotes. Oh, and by the way, I am not that great at spelling

myself even if I am a college graduate, so chances are you may find a little funny word or two in here. Hey it is just a reflection of the real me;)

Warning: The content of this book is a creation of balance, and to provide that balance there is content that will not seem wholly ethical, or good, because the fact is Witchcraft is not always light and good, there is a darker side. To create the balance you need to have the light and dark, good and bad, ethical and not so ethical to find the middle ground and the understanding, to find that *balance*.

● Section One ●

The life of a witch is not an easy one to live. There is just so much ignorance and intolerance out there to deal with in this world. However there is a special kind of magic and beauty and fulfilling peacefulness that a practitioner is gifted with upon truly embracing the ways of a witch. Many are called to this path but few are the ones that truly embrace the balance.

- Shewolf Silver Shadows



Chapter 1

So You Want to Be a Witch.



So, you want to be a Witch or you think that you are a Witch? Well, before you can be a Witch you have to know what a Witch really is, right? Well honestly, no, you don't, but it really does help! It also helps to have a general understand on what Witchcraft is and is not.

So, let us start by addressing the question 'what *is* a Witch?' It seems that there are many definitions of what a Witch really is, and even what types of Witches there are. So, how do you figure out what is right, what is wrong and just what kind of Witch you want to be? Well, for starters if you are looking for someone to tell you what is right or wrong, then you are in the wrong place because that is something this book is not going to do. "Shadows of A Witch" is not a book that will tell you what to think, or feel, or believe. It has been created as a *guide* to help you find and create a solid foundation in Witchcraft or Wicca. Only you can discover what is right or wrong or even if there *is* a right or wrong.

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What I will tell you here is to do the research, ask the questions and listen to your instincts, and to what your gut is telling you. Never follow blindly, and always look before you leap. You have a brain, use it. You have natural instincts, we all do, listen to your instincts.

What is a Witch?

There are many definitions of what a Witch is, or is *thought* to be. If you ask every Witch on this planet what the definition of a Witch is then chances are that you would not get the exact same definition. What a Witch is, is something truly special, unique and different to each and every Witch. A few most commonly accepted of definitions of ideas of what a witch may be are listed below.

Adrienne Audentia Vanora defines a Witch as:

“A Witch is not of evil pretense or Satanism, but rather one who is in sync with nature, its powers and connections. One who uses magick only for the purposes of good. To learn more of our world and its mysteries. A Witch pays honor to the Goddess and God, who’s Moon and Sun we follow as the Sabbat’s we hold. One who holds the Pentagram sacred and knows of its elements. Fire, Earth, Air, Water, Spirit. Of which all things are. A Witch is someone who respects all around, life people, earth and abides by the one law most important”

Scott Cunningham defines a Witch in his book *Living Wicca*, a *Further Guide for the Solitary Practitioner* as *“Anciently, a European practitioner of pre-Christian Folk Magic, particularly that relating to*

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herbs, healing, wells, rivers and stones. One who practiced Witchcraft. Later this term's meaning was altered to denote demented, dangerous beings who practiced destructive magic and who threatened Christianity. This latter definition is false."

A wonderful Witchy friend of mine, *Minerva*, states that the definition of a Witch:

"is a person who walks with the cycles of the earth, who knows that magic is real, knows that we are a part of world, and that we can borrow the magic's of other creatures. Witches walk a different path, part of the world, but separate from ordinary society in our perceptions, sometimes our abilities, and hopefully in our actions."

A Witch called '*Wolfie*' that I know, gave me permission to use her definition of what a Witch is to her. *"To me if you can hear the inner workings of the universe talk to you, if you can marvel at the wonders of nature and life itself and want to be one with it, if you feel the currents of energy and just know you can move along with them, redirect them you can make things change, if you have the hunger and patience for a lifetime of learning the craft, then you are a witch."*

Celtic Wolf, another wonderfully Witchy friend of mine defines a Witch as *"first someone who is aware that all things have life and all things are connected. Someone who knows the powers of the universe are there for the sharing and using toward wanted outcomes. A Witch is someone who can marvel at the simple little things as well as*

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the big events because both are equally valuable. A Witch is someone who can see beyond what is right in front of them and know that it is truly there. Someone who can take all these things in to realize the true potential of life."

Another definition of a Witch could be any male or female that practices a religion that has both a Goddess and a God and incorporates magic with in the ritual and in daily life.

Did you know that the Webster's dictionary definition that was published in 1828 claimed the definition of a Witch is:

1. A woman who by compact with the devil, practices sorcery or enchantment.
2. A woman who is given to unlawful arts.

Do you realize that the Webster's dictionary definition that was published in 1913 claimed the definition of a Witch to be: "One who practices the black art, or magic; one regarded as possessing supernatural or magical power by compact with an evil spirit, esp. with the Devil; a sorcerer or sorceress; — now applied chiefly or only to women, but formerly used of men as well.

And do you realize that as of 1998 that the exact same definition of a Witch was still in print as was in the 1913 publication of Webster's dictionary? That is a truly scary thought!

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Now I have to admit that there are Witches out there that would define a Witch as one that utilizes magic, magic of the earth, to bring about a desired effect in ones life nothing more and nothing less.

A Traditional Witch might say that a Witch is someone that is born and raised into Witchcraft. Someone that has skills and talents passed down through the bloodlines and only learned or reinforced, as the Witch grows older.

Some might say that a Witch is one that practices the ancient art of Witchcraft, the craft of the wise. A male or female that incorporates the earth and the energies into everyday life could be considered a Witch.

Others Witches still may define a Witch as any male or female that has learned that the earth and the universe contain energies that the Witch can manipulate through will, conscience will, with help of ritual and magic to do good or bad according to the desire of the Witch. That a Witch is a practitioner of a Craft, a magical craft that through learning and understanding can be used to help shape ones life.

What a Witch is Not

A Witch is not a practitioner of ancient evil, nor does a Witch worship the Christian Devil or Satan, whatever you wish to call the Christian aspect of Evil. You see the Devil is a part of the Christian Religion, not that of Witchcraft or the religion of Wicca either, but

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only of the Christian faith. Now, I am sure there are Satanists that do practice forms of magic and even forms of Witchcraft, however that does not make Satanism and Witchcraft one and the same thing. Just as there are Christian Witches, Christians that practice forms of magic and Witchcraft but that does not make Christianity and Witchcraft one and the same either! Not that there is anything wrong with any of those practices, they are, none of them, one and the same.

Witchcraft may incorporate darker and more selfish aspects, but a Witch is not some one that steals and sacrifices animals or babies! There are practices out there that do deal with the sacrifice of animals and such, but this is NOT witchcraft, it is something a lot darker, and a lot more dangerous, but not witchcraft. There are many things a Witch is not, but again, that is something that the individual has to discover and learn with time and practice and education.

The fact remains that there are many definitions of what a Witch is and is not, and what makes one a Witch. What a Witch really is or is not is something different to each and every Witch. So in the end what a Witch truly is, will be something that you will personally figure out over time and as your own research and abilities grow. What the meaning of a Witch to you will also be affected by what your belief of Witchcraft itself is and is not.

So, one of the first things I would recommend for you to do is to research. Do a lot of research, maybe even a little soul searching and then sit down and take a few moments and decide what a Witch really

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is, to you. You need to know what a Witch is to you, to know if you are one, or want to truly be one.

A good thing to do may be to start a journal. In this journal make sure you put dates so when you look back at what you have written you will know how much time has passed, and be able to note changes in your self, views, beliefs and ideas. I know that it seems many of the books that you purchase today are ‘recommending’ that you start a journal or ‘Book of Shadows’ of some sort. Well, the thing is, a personal record is never a bad thing, especially nowadays when you don’t have to worry, so much, about being burned at the stake for your personal beliefs, at least not in most countries. However, I do recommend that you take personal care with your journal. The fewer people that see it, the greater chance that you will feel free enough to be truthful, and thorough in it.

So, if you decide to do the journal thing, then my suggestions would be to make sure you date your entries, be honest with yourself and to be descriptive and thorough. Some of the first things you might want to place in your journal are what the meaning of a Witch is to you, and why you want to be a Witch, or why you believe yourself to already be a Witch.

Before we look at what types of Witches there are let’s look take a deeper look at what Witchcraft is. Please understand that to get a better perspective of what Witchcraft really is to a practicing witch you have to remember that witches come in all shapes, sizes, colors, and beliefs. They define themselves by something within themselves,

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rather than defining themselves by what others expect of them. And with many witches you will discover that their way of thinking, and practicing and living just does not fit neatly into a little box with a tidy label on it. From one witch to the next witch the manner of ideology and beliefs and practices can vary. Some witches prefer rituals, and some prefer quiet communion. In order to understand what kind of witch you may be it will help if you first understand the many ways in which Witchcraft is practiced.

What is Witchcraft?

When you ask the question “What is witchcraft” you will find that just as with the question of “What is a Witch”, there are going to be many and varied definitions of what Witchcraft is. Just as the meaning of what a Witch is actually winds up being different and special to each and every Witch, so is the meaning and practice of Witchcraft.

Witchcraft for many is just what it says - a craft of the Witch or “The Craft of the Wise” as it has been referred to. You see to some Witches, Witchcraft is not a religion at all, even though it may incorporate religious aspects within it, to many Witches, Witchcraft never was and never will be a religion. However, to just as many Witches Witchcraft *is* a religion, an ancient pagan Religion that predates Christianity. Yet there are other Witches that see Witchcraft as a blend of religion and magic, good and bad, light and dark.

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I personally have seen Witchcraft practiced as simply a means to an end, without any traces of religion. And I have witnessed Witchcraft practiced as a multi-layered religion with Gods and Goddesses as well as Spirits and Ancestors all incorporated.

What follows are a few definitions of what Witchcraft means to some practicing Witches, now you have to know that some of these witches are more traditional witches, and others are actually Wiccan witches. Each one of them has a wonderful view of what Witchcraft means and is to them.

A wonderful and very dear friend of mine, TranquilStar, who has practiced and studied both Wicca and Witchcraft, gives this marvelous definition of Witchcraft as follows:

“Witchcraft is not a religion, I am very spiritual but I don’t consider myself to be ‘religious’. Witches are shamans, healers, its to know yourself and to understand the connections with all that is around you, its a total way of life but it lays down no religious boundaries, only moral ones that are within each of us to do what is best. To become a part of the world around us and stop feeling alienated from the planet is a major factor driving many to earth based paths, if you are a follower of Witchcraft you know your connections and understand the cycles and learn the balance in you needed for all of life to be in balance.

Witches should be always learning, always growing, always changing, new lessons and challenges, rewards and ideas come everyday.”

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One of my friends, Crystalcougar, who is a wonderful practitioner, describes her definition of Witchcraft as follows:

“This is entirely off the cuff. More than what I could describe in what the literal term of it is, I can just relay my feelings associated with it. Balance and ancient. In it both the light and dark are recognized for the importance and purpose. Acknowledgement that one can not exist without the other. The magic of knowing there are not impossibilities. Strength that comes from within. Respect and knowing the elements are very real. An inner power of the mind and the ability to utilize that in respect for all within the need that is represented. As everything we need is within us, this is the really, the tool needed in this craft. To bring out from inside what is needed. A way of being, from the soul, opposed to a religion that is taught from outside of ourselves. Just my thoughts. Crystalcougar”

My own definition of Witchcraft is ever changing, as I am forever learning more and more of what it truly is. For one thing I have to say is that I don't think that there is an ancient Witchcraft. Personally, I think that bits and pieces have survived from long ago, but I just don't think that a solid way, or Tradition has survived, at least not any longer then about two hundred or so years ago, without being unbroken.

So what is my definition of Witchcraft today? Today - I believe that Witchcraft is an inner connection to the earth and to the heavens. By heavens I mean the astrological bodies that have been scientifically proven to have an affect on us humans, whether large or

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small. I think that it is finding a balance between the light and the dark, between the beast within and the angel within us all. I think it is a fine line and a rough road to walk. I believe that Witchcraft today is the acceptance of magic, and of good and evil. A responsibility to our earth and to our selves is what witchcraft is to me. It is knowing oneself and one's limitation, and discovering that ones limitations may be boundless, or rather that there may actually be no limits at all. It is being goal oriented and the belief that one can do and be whatever one wishes and works for with time, patience and hard work. Witchcraft to me personally is a way of life, a form of spirituality that is beyond religion or religious doctrines as well. But it is so much more than that! Ask me tomorrow and I'll tell you something different because tomorrow I will have grown more, and my perception will have changed. But always, Witchcraft to me is amazing, and fulfilling because of the connection to the earth, and to life and to the world around me. As well as because of the deeper understanding of self that comes when you acknowledge that you can not be all good, but that just because you are not all good, is not bad. It is that special magic that comes from understanding *balance*.

I do want to note here, that I do not like to title or call my practice Witchcraft, not because it is *not* Witchcraft, but because of the negative ties and connotations associated with Witchcraft. It almost feels as if the ugliness associated with the general public's thoughts of Witchcraft takes away from my own spirituality, but I don't let it. I

am just saying that sometimes ones spirituality can not fit into one of those neat little titles or labels or boxes, I know that my own does not.

Ok, now that you have a general inkling of what Witchcraft is to different Witches you have a starting point on what direction you may want to go from here. There will be more in depth information later in the book on the actual practices of witches to help clear this section up some more. For now the thing to do now is to discover the many different types of Witches and discover what ‘feels’ right to you.

What Types of Witches are there?

The next step would be to decide what type of Witch you want to be? No, I do not mean what Tradition you wish to belong to or practice. I mean what *type* of Witch you really want to be, or already are. If you want to learn more about Traditions you will find a brief description of many of the most popular Traditions in the appendix. Traditions are part of Wicca, and not of Witchcraft.

Now, let me state that just because you decide to be a certain type of Witch one day does not mean that in a few days or weeks or even years you will still *be* that type of Witch. I know that I personally have grown and evolved as a Witch as time, personal education and practical hands on experience has shaped and changed my own views and understandings.

With so many different personal definitions of what a Witch is you would have to know that there would also be many different

types of Witches. Which type do you want to be? There are several listed below and even more that are not listed but the choice is up to you, as an individual, to make. This is not something someone else can choose for you or tell you are right or wrong. The following are several types of Witches by description. You won't find a name for many of the practices, because actually, they are just the actions that belong to different witches, and some witches apply more than one set of actions or practices to their own path.

There are some Witches that do not worship at all. They do not see the Craft as a religion, but often more of a tool, a means to an end.

Then there are others that see Witchcraft as a form of reverence and wisdom, an attunement with the earth and nature but still not a religion.

There are also practitioners of witchcraft that do see it as a religion, but instead of worshiping gods and goddesses they pay homage to ancestors, and view them almost as gods and goddesses, but not the same.

Then you have Witches that practice Witchcraft as a religion, with the ancient gods and goddesses of choices, or however they were raised or taught.

And do not doubt for a moment that there are those that have taken Witchcraft and incorporated it into Satanism or visa versa. But Witchcraft and Satanism is not the same thing. Neither is Witchcraft and Demonology. But you will find that as well.

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The Kitchen Witch, those that work magic with mainly kitchen type items and handy stuff. No fancy tools or trappings, just things you find in and around the house.

The Green Witch, those Witches that grow their own herbs, and work well with herbs and plants.

There are those Witches that crave power, and seek to bind demons/daemons or spirits to their will and other darker stuff.

The healers, Witches that have very strong natural healing talents and they are always trying to help, or heal or protect, not only people but animals, plants, other-kin, and our earth and more. Many Witches develop their healing skills as time and actual hands on use wears on so if you are not a pro to start out, remember that many of us where not!

There are Wiccan Witches, often called white lighters, because of the harm none rede. These are Witches that practice the beautiful pagan religion of Wicca. It is an earth-based religion that is fairly new but relies on older practices.

You have the Witches that can and do work well with the 'Wee folk' or Fairies. There are many Witches that have an affinity with Fairy and fae type folk.

You have witches that work with dragons, or elementals.

You have the Witch that is more mage or magic user then anything else.

Then you can have a mixture of any of the above Witches or with 'other kin' as well.

It seems that also, now with the releases of the book *'Harry Potter'* and movies that a new generation of Witches, and lets add Wizards, are on the rise. These are pre-teens and early young teens that have been drawn to Witchcraft via the magical wonders and mysteries that the *'Harry Potter'* books and movies have conveyed. Many of this type of Witch starts out with the curiosity of *'Harry Potter'* Witchcraft and magic and then begin the real quest to find the truth out about Witchcraft.

It also appears that movies and shows like *Witches of Estwick*, *Practical Magic* and *The Craft*, *Charmed*, *Buffy* and more are opening doors and eyes to another demographic group as well to Witchcraft and the likes.

Never ever doubt that there are those out there that **call or name** themselves a witch that will cause harm, and psycho's that will do what they want and how they want to anyone they want, especially those that seek them out for 'knowledge'. These types of people do exist and they will do anything from steal personal energy away from an individual, to rape, physical abuse, mental abuse, and worse, they could wind up killing. Please make sure you read the section on being safe and on some of the dos and don'ts. Now whether nasty folks like that are witches or not is questionable, but it is accurate to say that they won't be true Wiccans not with the Harm None law!

Another type of witch that I personally really have mixed feelings about, however there are some that do believe and that is fine, is a *Born* Witch. I am just stating that personally I find it hard to believe

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that there is a 'Born' Witch at least not meaning that you are a Witch simply because one of your parents practiced the Craft or Wicca in some shape or form. I think you may have a jump start on your learning, but I am not totally convinced that Witchcraft and Magic is in the DNA. I personally was born to a family that is of the Craft, and I do not believe that just because my foremothers were witches that it made me one as well, but this is a belief that I do have my doubts about from time to time. Now, there was a discussion I had with one witch that brought to my attention that if someone is born a witch then no matter how hard they try they just can not turn their back on the craft, that it draws them back. I have to admit that I did try to move away from the craft for several years, I was actually a very active Christian, but yes, I was drawn back, no matter how hard I did try to stay away from any craft activity. So, I do have to say that I question if one can be born a witch possibly after several generations of a family has practiced it? But what if a new witch has a child and she was not of a craft family, would that make her child a witch? I have my doubts, serious doubts. However, the exception or manner that I believe one could be 'born' a Witch *is* the fact that most often in many past lives. I believe that most of us, at one point in time, long ago, followed the ancient callings of the earth, the mysteries of the heavens that only Pagans of old knew. So I do believe that possibly if you were a witch in a past life, then maybe your soul or spirit retains some knowledge of previous lives for this life, and that would be the way you would be born a Witch in my opinion. I just don't think that

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is the same thing, past life memories, that others mean when they say they are a Witch by birth. Still even if you were 'born' a witch in the sense of retaining some past life knowledge I still think that one needs to find the path of a Witch for that knowledge to actually come forth. I have heard it said that you may be a Witch and not even know it, this statement would hold true under my personal beliefs. Again, I don't ask that you believe how or what I believe, do the research for your self. Find out what 'feels' right or true to you.

Bottom line, there are many different types and combinations of witches out there. Also if you believe that there is not a darker side to Witchcraft then you truly have been given the wrong impression about or misinformed, because there is a darker, dangerous, and more selfish side to the craft as well. There is also the nearly blinding *white* side that is tree hugging and gentle. The point is Witchcraft or the meaning of a Witch or the many types of Witches just do not fit neatly into one simple description or belief system. For a solid foundation you need to find that middle ground, the *balance*.

So, it is up to you, as an individual, to decide just what type or kind of Witch you want to be. I do recommend that you don't let any one tell you or force you into any practice or path that you do not personally feel 100 %, heck lets make that 110% comfortable with ok. You are an individual, and being a individual you have your own specific thoughts, beliefs, feelings, wants, needs, desires, fears, and joys exactly like you that no one else has so you and only you can choose your path.

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What you will notice here is that I did not really *label* any specific Witch a certain way I just told you some basic beliefs of certain types witches.

I personally detest labels - I feel if you need a label to be a better you then chances are you are lacking in belief, or confidence, or maturity – what ever it may be, and are not ready for the label anyway. I am considered, by some, to be a third degree High Priestess, but this in Wicca, and I am also an Ordained Reverend and I don't need either of those titles to make me more of, or less of, a person then I all ready know I am! I am also an Elder Witch of more Traditional Witchcraft, but I find that I am a more 'Modern Witch' and I do not fully fit the label of 'Elder' either. Do you understand? You don't need the titles or labels to be who you are or to be a better you. Titles and labels are only as good as the person, the knowledge and the belief that comes before them. Not to mention that if you choose to remain a solitary practitioner then what do the titles really mean or matter?

Too often titles are just abused, and many witches I know simply do not like titles placed upon them. I personally find it restricting almost binding in a sense! You have to either live up to a certain expectation, or down to a different expectation, and that is just not what it takes to be a Witch!

What you will discover with more traditional Witchcraft, that is different from Wicca, is that 'Titles' are not so important, there is structure, but it is not so defined or rigid as with Wicca. There is

leadership, but it is often shared leadership and the leadership comes from knowledge, and of course knowledge comes most often from experience, and then of course a leader has to be willing to play the part, to be a leader. Often those with the most knowledge will sit back, watch and see what is and what is not before revealing their own personal wisdom.

What does it take to be a Witch?

Do you still want to be a Witch? Well, you don't need fancy initiations, or to even be initiated by another witch to be a Witch - if that were so, then WHO initiated the *first* witch? Now, there are Wiccan Traditions and Craft Covens out there that do believe that you just have to be initiated, but I am speaking to you as an individual on a single practicing Witch level. If you do join a coven then you will have to follow coven law, and each coven is by far different!

Personally I believe it takes a lot more than an initiation for you to be a Witch, and even an initiation can not truly make you something you already may be. Please understand that I am not saying that initiation is not an important thing because it is. But an initiation is not what makes one a witch. It may make you a more self-assured witch, but make you a Witch it does not. I think of initiation as more of an induction, a right of passage, but I do not think of initiation as a magical transformation. You are what you are with or without an initiation.

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So you still want to know what it takes to truly become a witch. It takes *education, tolerance, patience, honesty, belief, practice and persistence, more practice and more education did I mention education and practice?* It takes knowing who you really are and a lot of growing. It takes gumption, if you fall down then you get back up.

What follows is what I believe it takes to be a balanced Witch. It is not easy to be a Witch in this day and time. Yes it is easier today then it was two hundred years ago, but it is still not easy and there is still a whole lot of ignorance and intolerance out there so if you want to be a witch it will take the following qualities and then some. But this is just my own personal beliefs and suggestions.

- ❖ Honesty, you must without a doubt be true to yourself.
- ❖ Discover Tolerance through knowledge. Education is the key to understanding and understanding is the key to tolerance.
- ❖ Never Stop Learning! This means read, read and then read some more. But it also means ask questions. Learn of the Craft, light and dark. Learn of other paths and religions, of plants, animals and all forms of life. Seek information on ESP and the mind and meditation. Just never stop learning. Learn about Healing and psychology and sociology as well. Discover about Vampire's and Aliens and history and folklore and anything else you can, but learn! Don't just learn from books, listen to what the earth has to tell you, check out the Weather Channel, and learn from watching people, and listening.

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Elders, no matter their path, have much you can learn, so talk to your grandmother or Great Grandfather, or someone else that has many years under their belt!

- ❖ Find the balance - no one can be all good or all bad! You have to realize that there is truth in the darkness just as there is truth in the light and to find the balance you need know both. Discover who you really are. Witch know thyself! A note on balance...what is balance to one Witch may not balance another. Some find that there is more darkness within and less light, but have found the balance, some say I am a little lighter then dark, and that is fine by me. I have found the balance, my balance, because I know my darkness, and I accept it. And honey I use my darkness as well as I use my light. *Balance*.
- ❖ Listen to your soul and your gut, instincts are very important.
- ❖ Take time to appreciate the spirit and energies of nature that are all around you, that are a part of you and that you are a part of.
- ❖ Discover what works best for you. Not what someone else, not even me, tells you work best!
- ❖ Look before you leap - think before you act.
- ❖ We only have one planet so take care of it. Learn to recycle, and to uses safer products for your self and for the environment. Get rid of the toxins and the carcinogens. There are safer products for your personal care and for your home care, discover them and use them.

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- ❖ Lead by example - Actions always speak louder than words!
Never say one thing and do another, the fact is that lies or false truths do take away from the power of a Witch.
- ❖ Ask Questions, no matter how stupid they may seem, because the only dumb question is and always will be the one that was not asked.
- ❖ Never follow blindly, you have a brain, and a conscience will, use it.
- ❖ Never force your own beliefs on others. Everyone has a right to believe what they wish to believe.
- ❖ Learn when to follow and when to lead, when to shout and when to stay silent.
- ❖ Take time to listen, really listen to answers you are granted. Listen to the wind in the trees. Listen to the rain on your window. Listen to your loved ones and friends. Even if you don't agree- really listen.
- ❖ Believe in yourself and in magic. The magic around you and your own personal magic.
- ❖ Dedication. It takes self-dedication to a different way of life. Dedication of one's self to discovering and knowing the Divine, to know the spirits of old.
- ❖ Don't be a lap dog, don't suffer abuse of any kind if you don't have to! Witches are strong individuals, or they become strong. Know when to bend and when to stand tall.

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There is a lot more to being a witch then just calling oneself a Witch. Since being a witch is truly different to everyone, what it takes for you to be a witch will be different as well. The above list of things is not only some of what it takes in my opinion to be a Witch, but also to be a good person. Finding the balance also helps.

Is a Witch something you just are or become?

Is a Witch is something you just are, or something you can become with time? I personally think that it is something you already have the ability and capacity for, everyone does, but to actually become a witch is something that happens over time as you become more in tune with your personal balance, and that of nature over time, maybe life times. But is it something you are by birth or initiation? No, I do not believe that birth or initiation *makes* one a witch, as I said, I believe it takes much more then that. To be a Witch there is '*something*' that is apart of or becomes a part of, your very soul. Although education, and practice, and even initiations often do make you a stronger witch it also makes you no less of a witch - meaning that if you are a witch you *are*. What ever that '*something*' is that becomes part of a witch's soul will already be within your own soul. With or without education, initiation, or practice, that '*something*' is there. However education, practice and initiation does help, as I said, make you a stronger and a more balanced witch, that is a simple fact,

but make you a witch it does not. So perhaps many already are witches, but a witch is something that you can become as well?

Who Are You and Why does it even Matter?

So, you have decided that you want to be a Witch, and by now you have thought a little about what kind of Witch you might want to be and you know of the many different ideas of what Witchcraft really is. Now, when was the last time you really took a good look at who you are and why you do the things you do? Well, honestly before you undertake any new path of existence there should come a point that you will stop, take a deep breath and a good look around and find out who you are, why you are and where you are on that path. What has led you to the place in the path where you now find yourself and where do you plan to go from here?

At some point and time in your life before you try to change who you are and how you are by discovering a new you through new ways, you need to make sure you really know who the *old* you is. You need to search within yourself and above all you need to be honest with yourself. For to go from here, and to grow from here, you need to know who is doing the growing and what growing needs to be done? If you do not know honestly who you are, then how can you find your way?

“To Know Thyself is to Know the Way” This famous line is engraved above the Oracle of Delphi, in Greece. It is a simple yet profound statement. Do you know who you are?

How do you find out Who you are?

Well you need to dig deep within yourself, find out what makes you how you are, and who you are today. Search inside yourself and find out what qualities that you have that you are proud of, and what things about yourself you are not so proud of.

One of the easiest things for a human to do is to lie and it seems that one of the hardest things for most humans to do is to be honest, that is a paradoxical, right? Well why don't you think about it? Anyway, how do you find out who you really are? You sit down and you ask yourself some questions, and you need to be really honest about your answers to yourself. Be brutally honest with yourself, you may find that it is sometimes next to impossible, but you can do it. The thing is if you can not be honest with yourself, then you do not really know yourself, and you can not find out how to become a better you.

So, stop now. If you can not find the courage to seek the answers within your heart and soul, and to seek them with honesty and self-love, then you are in the wrong place. If you do not truly wish to know who you are then chances are you may not get out of this book all that I hope you do, light and dark, good and bad. You just can not

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build a foundation upon lies and deceit: the structure will crumble sooner or later. If you can not be honest with anyone else you should at least be honest with yourself.

Where do you start? Well, before you start picking your good side and bad sides a part, please always remember that to find peace and balance one is good and bad, giving and selfish, kind and cruel. For it is in the *balance* that we find peace and the most valuable lessons, at least that is my personal belief.

Have good things come from hurts you suffered, or from things you once felt were “bad”? Are you a stronger person now because of the things you have had to deal with, suffered, lost? Acknowledging this helps you to learn. Discovering that “bad” things in our lives have also come from things that we did out of goodness or out of selfishness also makes us more aware of the cause and effects of our actions. Thus we learn how to temper the bad with the good, and good with bad, to become better, happier, and a more balanced individual.

Additionally, taking a hard look at those things that we thought were “bad” or “good”, while accepting that “doing bad things” does not necessarily create “bad” outcomes or people, nor does doing “good” things always result in goodness for us or others. To learn that we are *imperfect* is not a bad thing! I mean hey, we are just human.

You must accept that you are not perfect, none of us are. Instead of trying to hide the things you are not proud of, the negative side of you, learn to balance it with the positive and good side of you. To

know you, you must know ALL of you. To be a better you, you must *believe* that you can be a better you and you must discover how to balance yourself.

If you never take the time to pause on that path and seek and discover who you are, then you will forever be only a shell of who you are. You will never truly be anyone but a shadow of who you could be. Walk in the light, but know the dark - for we are actually a combination of both, it is as simple as that. Well actually I kind of stick to the lighter shadows over the light.

So why does it even matter? You need to discover who you are to grow. Self-discovery is a very big step when taking on any new path in life. When you wish to commune with the Divine or with Nature it really matters that you personally know who you are, and what motivates you. To know spirituality you must know yourself.

You also need to know who you are and what you already believe in. What motivates you, success, peace, love, need, greed, hate, and desire? What is it that drives you to undertake this new path?

To go from here, you need to know how you got here. What you have learned in life to this point and time is all a part of what makes you who you are! So don't hide, or suppress any part of which you really are, for you must know you, to become a better you.

If you can not change things about yourself or your personality you may not be able to open up and accept the lessons that life and even this book can share with you. If you can not even open yourself enough to know where your weaknesses are and your strengths may

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be, then how might you be open to personal growth, or to know where growth is even needed?

If you want to be a Witch, or a better Witch, then you better know up-front that there will be a lot to learn. You will learn things such as how to calm yourself, to meditate, to view things from many aspects, not just to see with your eyes, but to be able to see with your heart, and your instincts, and your very being. You will need to know who you are and what you believe so you can be honest with yourself and be able to accept or change your views and beliefs. Honestly, to know yourself is also to know your magic because your personal magic is part of who and how you are.

You must know who you are to know where you go from here! Knowing who you are today gives you the foundation to build who you will become tomorrow. You need to seek within yourself and find “all” of you, and accept “you” for who and what you are today, so you can be an even better and stronger you tomorrow.

This is something that I can not sit down and teach you, no book can, it is something that you must seek out, or rather seek within and learn yourself. But there are many things and thoughts in this book that may cause you to pause and question this book, and yourself and that is good, for you always learn by asking questions!

A personal journal always gives you something to look back on to view your growth, the changes in yourself and your mindset. Let’s move on now to the next step to becoming a Witch, or a more balanced Witch!

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Personal Notes or Thoughts

Chapter 2

Book of Shadows or Grimoire



As you read and learn more of the Craft and Wicca you will notice that many people talk about their BOS (Book of Shadows). You will also hear the word, “Grimoire”. Actually the original Grimoire is said to have been a collection of alchemist experiments which were conducted by the alchemists or more scientifically oriented, mainly men, of the Middle Ages, this is speculation, we don’t know for sure. Somewhere along the line it is believed that this term also became linked and then even intertwined with the Book of Shadows. Kind of like Witchcraft and Wicca which historically are NOT the same thing, but now of days, they have been intertwined so much that the common person does not realize there ever was a difference in the two.

What is a Book of Shadows or Grimoire?

A Book of Shadows, how mysterious sounding! It seems to insinuate secrets, and shadows, but what is a Book of Shadows? What is a Grimoire, which sounds so gothic and just as mystifying!

Well, you have to first understand that this is another place that Wicca and Witchcraft differ. You see in Wicca, a “Book of Shadows” or BOS as it is often referred to, is a book that is used to record rituals and spells and many other things related to ritual, magic, and such. It is most often a book that belongs solely to one witch or to one coven of witches.

Please stop and think for a moment if you will about the days of old when something as simple as a birthmark, or mole, or a pretty face, or an ugly face could have you named a witch and brutally tortured to death. What do you think something as tangible and incriminating as a book of spells and rituals, an actual Book of Shadows would do to the future of a Witch if found? Just think on that one ok.

It seems that the first Book of Shadows was written by Gerald Gardner, makes since, seeing as he was the one that actually created Wicca, but you will read more of that in a later chapter. However there is still much speculation concerning *who* actually wrote the first Book of Shadows. There is contemplation that possibly it could have been Doreen Valiente, or even Aleister Crowley that actually wrote the book that is claimed to be the first or original Book of Shadows.

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The name, “Book of Shadows,” to some is just what it seems, a book that holds light and dark within its pages, a book of secrets in a sense. It is actually nothing more than a Witches Work book, but at the same time, it is so much more than that.

The term ‘Grimoire’, or grammar, for all intents and purposes means a book of learning. Why such a fancy name as Grimoire for a book of learning? You have to realize that a Grimoire may be simply a book of learning, but it was also much more than that, it was a *Witch’s* book of learning! Thus it needed to be a secret book. Now, I believe that in real Witchcraft a Grimoire or a Book of Shadows may be called many different things by many different covens or family’s or even traditions so it seems that maybe the term Grimoire became more of a universal name between witches of old. This is still in question, and we may never have the answer to that.

It seems that the original purpose of the Grimoire was to keep a written record book on religious rituals, any updates and any changes to those rituals, and also to add any new rituals within its pages for reference. Many witches believe that things such as spells and other effects related to magic were kept in a totally separate book. Makes sense, but at the same time it does not make sense. Why would witches of old go to the trouble of separating all craft type things into separate books, when it would only mean more books to keep up with and to make sure are hidden so one would not be found out a witch? Also, paper was not a thing that was easy for just any one to purchase, not to mention when you start getting anywhere further back then the

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1800's you have to remember that illiteracy was wide spread. Personally I think that there is not much difference, if any difference, between a Grimoire and a Book of Shadows, and especially not today. However I do believe that in the days of old that a Grimoire was hand written by an individual either of a specific coven or tradition, or family. Again, you have to remember that there were no computers, or even typewriters so far back and the fact that there is power in the written word I have no doubt of that. So, I do think that the book of a Witch that contained his or her own scrawlings was filled with a personal magic all of its own from the Witch. This personal magic generated from hand writing I believe did lend a special magic to the Grimoires or Book of Shadows of years past that tends to be lacking in many today.

I do believe that in days of old, that when the Grimoire was composed that the rituals and information contained within were sometimes written in a form of code. The books were in code like the runes, or the witch's alphabet or maybe pictures so that not just anyone could understand what was within the book. They were also well hid, and kept secret and if any exist today, they are still being kept *secret*.

So, let's look at this as realistically as we can. I mean think about it even if by chance a witch could read and write he or she would probably not have put anything to paper that could bring them and their loved ones a brutal death. Think about it. Would you have? I think that there are a few Grimoires out there that are several

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centuries old, but I do not think that there are more than a handful, for logical reasons.

The distinction between Grimoire and Book of Shadows today is more of a personal one than a historical one if you want to know the truth of it. So whether you title your personal Witch Book a Book of Shadows, a Grimoire, your Magickal Diary or a Journal, it all still breaks down to being the same thing. It is a sacred book to an individual Witch to place personal information about things dealing with Witchcraft and or Wicca and Magic with in.

In our modern day and time as opposed to that of yester-year when most of the general population could not read or write, and those that did were normally of upper class or noble birth. Today most of the general population, no matter social class, is actually at least literate enough to read and write some, most of them, not all. Shoot, I can not spell worth a flip myself even though I graduated from college! Also in today's world where the chance that we will be burned at the stake for a Book of Shadows is slim, the fact is that it is practical to write things down. When ever you are learning something, anything, whether you are going to High School or College, or the place you work for has sent you to learn from their schools to keep you 'up to par' then you need to write notes, info, guidelines important things down right? Well in today's fast pace world with so much information when you want or need to learn anything your best bet is to take notes, write it down and keep documentation! Honestly, with any religious and magical learning

you need to write things down. That is where your Book of Shadows (BOS) or what ever you wish to call it, comes in.

In our high tech modern world many have a Disk of Shadows or a CD of Shadows because they are putting their notes and info on the computer. This is fine. It is up to you what type of Book or record method you wish to use. But I do want to state that there truly is power in the hand written world. So even if you do start your original BOS on the computer I do recommend that you eventually hand write the most important things into a more sacred BOS, one that you can even pass down to future generations if you so desire.

What is your Book of Shadows purpose? What is it for?

Well, your BOS can be and will be many things; mainly it will probably be a record of your own personal journey and growth as a person and as a Witch. A journey of self-discovery and probably personal enlightenment, and it should be for your eyes alone. A Book of Shadows that belongs to a Coven should be for the members of that Coven alone.

Some witches do believe that your BOS can loose powers if another person, especially someone that is not a witch, looks at it or touches it. Actually I am one of those Witches! I think that your Book of Shadows or your personal Witch Book should be just that-*Personal*. It is not something to be flaunted, or just left lying around. Your personal Witch book is more then just a notebook or a journal, it

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is an extension of yourself and of your thoughts and your learning's, and it is and should be personal and private. If it is for a coven, then only members that have been among the coven for a specific time should be allowed to lay hands or eyes upon the BOS.

However, there are witches that will freely share their BOS - that will be up to you to decide. Because your BOS will contain not only your feelings and experiences as you walk along this path of learning but also your personal spells, rituals, and things that you learn of Wicca and Witchcraft that YOU personally feel are important enough to be within the pages of your BOS.

Within the pages of your BOS you may want to write about your opinions and previous beliefs and how they change or do not change. Many witches place poems that touch them or that they have personally written themselves with in the pages of their BOS. Many write goals, things that they wish to learn about or accomplish. Often you will find details on special occasions such as your Self-Dedication ritual or Initiation ritual.

How do you make a Book of Shadows?

Inevitably it will be your choice as to what you use for your Book of Shadows, but let me recommend that you may want to think about a three ring binder to start out with. I hope that you can resist the temptation of buying those amazingly gorgeous leather bound and handcrafted ones or the ones trimmed with silver or even gold, at least

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when you are still new to learning of the Craft or Wicca. They are one, very, very expensive, two, do not have many pages and you can not move those pages, and three, impractical for a beginner because you will without a doubt change your BOS a lot before you settle on the end, if you ever do find an end!

Personally my own Witch Book only grows and grows as I do. I continuously add to take from and move around things in my Witch Book all of the time. Yes I do have some of it on the computer, and I do print things from the computer and place in my Witch Book. I do hope that one day before I pass from this plane to the next that I will be able to take the most important things to me and hand write them in a book of my own making. That will be the one that I eventually do pass down. But that will be in my crone stages, Gods willing!

Ok, here is another suggestion for your BOS and again, it will be up to you and your personal taste, but I suggest that you break your BOS in to sections or you can just have several Books of Shadows. For example you may want a Book of Spells, and a Book of Rituals, A book for Healing etc. If you do only use one then again, I do suggest that you split it into sections.

You may want to have a section that you place things in that you wish to study and know better. For example, if you wish or feel that you may be a healer you may want to place sections on different types of healing that you wish to know more about, like using colors or stones. Then you may want to have a section that you are working, like spells you are creating, or rituals you have personally created or

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preformed, tips on what works best for you such as during meditations, or casting the circle. Your personal BOS is yours and you should create it in a way that works best for you!

What to Put in your Witch Book, BOS?

No matter if you have one BOS or twelve, I do recommend that you place the following with in the pages of your BOS. You will find it very helpful, practical, and great for future uses.

- ❖ Blessings
- ❖ Rites of Passage
- ❖ Gods and Goddesses
- ❖ Wheel of the Year
- ❖ History
- ❖ Pantheons
- ❖ Sabbats
- ❖ Esbats
- ❖ Tools
- ❖ Altar set ups
- ❖ Moon and Sun and other Planets
- ❖ Meditation techniques
- ❖ Magick
- ❖ Magickal Correspondences
- ❖ Divination meanings

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- ❖ Ritual Preparations
- ❖ Rituals
- ❖ Circle info
- ❖ Element info
- ❖ Spells
- ❖ Recipes
- ❖ Crafts
- ❖ Planetary Hours
- ❖ Lunar Phases
- ❖ Divination techniques (Tarot spreads, Runes, Smoke etc)
- ❖ Astral projection techniques
- ❖ And any and all other information that you feel is IMPROTANT to you!
- ❖ Make sure you put your first in there - your first ritual, your first spell, your first dedication!

What is the difference in a journal and a BOS?

Your journal will be more of a workbook where you place things like what happened on what day and your feelings and impression about something. It will be a combination of things you find that you feel strongly about and things that are truly personal to only you. In many ways it is a magickal, learning diary or sorts. You might write about things that make you mad, or sad, or happy.

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Your journal is a good place to write rough drafts of your spells and poems, prayers and blessings.

You can put everything that you put in your journal in your Book of Shadows, but I would probably recommend that you separate the two. The book of Shadows should be a little more formal. What ever you decide to do will be up to you, for it is your personal Grimoire, or Book of Shadows, or Witches Book, or plain journal in the end. But again, I do recommend that you keep it to yourself and keep it personal and sacred to you.

Ok, now that you have your general understanding of what a Witch is, what Witchcraft is and what it takes in essence to be or become a Witch, it is time to move on to the next informative lesson of a well balanced Witch. That is learning and knowing some of the general difference between Witchcraft and Wicca.

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Personal Notes or Thoughts

Chapter 3
The General Difference
between Witchcraft and Wicca



I think it is of the utmost importance that all new students know the distinction between Witchcraft. That all students new and old alike be taught that there is a viable difference between the two! The biggest misconception that is *still* being alluded to and printed over and over in books is that Witchcraft and Wicca *are* the same thing, this can not be proved! Nor can it be proved that Wicca is actually an ancient religion, or at least no more ancient then the 1940's or 1950's or there about.

Oh, I know that there are many that will take the word 'Wicca' and drive it all the way back to ancient times, but this too is a misconception that will be addressed in the chapter on Wicca. The bottom line remains that Wicca is a *new* religion, and Witchcraft is considered more of a *practice* of Witches that can loosely trace its roots back if not to antiquity, then still way further back then just the twentieth century!

Is Witchcraft and Wicca the same thing? Is being a Witch the same as being Wiccan? In today's world with the explosion of the "New Age" movement the answer to both of these questions for most is all too often 'yes'. But if you ask someone these same questions that has practiced Witchcraft or Wicca for more than the past ten or twenty years, the answer you get will most likely be 'no' they are not the same thing! However the sad fact remains that there are many that have been practicing for over well over twenty years that do not even know there is truly a difference!

So what is the difference?

Well, lets see, Wicca in and of itself is a fairly new religion, I guess you could say it was started by a fellow by the name of Gerald Gardner. There are those that will dispute this, and that is their right. But disputing without facts is not going to change anything. Anyway, Gardner is one of the first that brought Wicca out of the dark and into the light for the world to see.

Wicca does have roots and its basic beliefs, in the ancient, in magic and yes in Witchcraft also. But to most that have practiced Wicca for more than a few years they will tell you that there is a difference between Witchcraft and Wicca. Those that are fairly new to Wicca probably have not yet learned enough to honestly know that there is a difference between the two. And there are still many

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Wiccans that have followed the Wiccan path for many, many years that do not know the difference. ***Education is the key.***

The main difference is that Witchcraft is a craft, a practice of witches, magic, herbs, midwifery, spells, healing, a way of life, a practice or craft. You say that Wicca has all that. Yes it does, but the big difference is that Wicca is not just a way of life, it is a religious way of life, a reverence of the Creator, of the Lady and Lord, and of nature and adheres to the Wiccan Rede of 'harm none'.

Witchcraft is not a prescribed religion. Don't get me wrong, witches of the Craft do tend to have a very deep, and some would say a spiritual, connection to the earth, and to the spirits of nature and of many Gods and Goddesses as well, and to ancestors of the past. But Traditional Witchcraft is not a religion per say. Overall, since Witchcraft does not have to have any religious foundation at all to be called Witchcraft then you can not say that Witchcraft on the whole, is a religion, whereas there is not a doubt that Wicca is a religion.

For those that do practice Witchcraft as a religion, they tend to prescribe to specific Gods and Goddesses of pre-Christian times. Gods and Goddesses with specific names, and qualities, that can aid in many different ways. Often practitioners of more Traditional Witchcraft will also only use one set or group of Gods and Goddess, not mix and match. If they use Greek the stick with Greek, or Celtic, or Norse, but they don't often mix them. Not to say that some, a handful of more Traditional Witches won't mix them, but speaking on the majority. Whereas within Wicca there tends to be with many of

today's Wiccans the tendency to generally observe more of a generalization of the Gods and Goddesses, tending to even view all Gods as one God or all Goddesses as a representation of one Goddesses. They even tend to go so far as to say that the Lady and Lord are representation of all aspect of all Gods and Goddesses.

In witchcraft there are no 'real' rules, so yes there is good and bad preformed. Please remember that it is not Witchcraft that is black or white, positive or negative - it is the *practitioner* of the craft. In the religion of Wicca one has to follow the Wiccan Rede of 'harm none' and thus a Wiccan Witch can not or should not harm any one or thing unless it is to protect ones self or loved ones. I will go into more on the Rede in the chapter on Wicca.

A witch can be a Wiccan, and a Wiccan is a most often self dedicated or self initiated or coven initiated to the status of Witch, but to practice witchcraft you do not have to follow the religion of Wicca. I truly hope this is helping to clarify the difference between Witchcraft and Wicca.

There are some other general differences in the use of magic, spell craft, tools and ethics that I will go more into further into this book. This chapter however is more of an overview before you get into the rest of the book so that you will know the most common differences between the Practice of Witchcraft and the Religion of Wicca.

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**Statement on the Differences of Witchcraft and Wicca
by Darkness Herself's**

A Witch that is a friend of mine that goes by the names of DarkStar, also known as Darkness Herself, made this statement about the difference of Witchcraft and Wicca:

“Witchcraft has no specific God, Goddess or Deities. Witches choose their own religions and beliefs, these can be from a number of denominations stretching from Wicca right along to Christian, for all Christianity condemns and outlaws the practice of Witchcraft, some of us believe that our gift is too precious to let waste away. The most popular religion of the modern Witch does tend to be Wiccan and does sadly lead to much confusion to the uneducated.

The main difference between Wicca and Witchcraft is that one is a religion and one is a practice, the main misunderstanding comes in the form of people assume that all the word Witch translates into the word Wiccan. Not all Wiccans are Witches and not all Witches are Wiccans. A lot of Witches are in fact atheist, this means they don't follow or believe in any religious beliefs. Witchcraft I personally think gives each Witch the choice in what to believe in. There is no set rule to what a Witch must or must not worship, Witchcraft allows them to choose either their own code of ethics or to follow those of a set path or tradition. Wicca is one such path. Wicca has a strict code of ethics, most of what Witchcraft is about would be seen by Wiccans as totally unethical. It follows its own Gods and Goddesses and is

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very much a Goddess based religion. Wiccans can incorporate Witchcraft into their religion, as it is very much part of what Wicca is all about. Witchcraft has a lot of sub categories, one of which is in fact Wicca; this does not make the two words one and the same. Simply put Wicca is a belief, a religious practice; Witchcraft is a practice where the only belief required is in oneself.”

For now it is a good start that you do know that Witchcraft and Wicca are not one and the same. How much it matters or not that they are not the same will be up to you, but to know that they are not one and the same is important. To know and understand that intertwined as they now may be they did not originate from the same place, nor at the same time. The History of Witchcraft is not the history of Wicca! I do truly believe that if you plan to call yourself a Witch in this day and time, whether you are a Witch of the Craft, or a Wiccan Witch it is valuable for you to definitely have a general understanding of the history of Witchcraft.

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Personal Notes or Thoughts

Chapter 4

The History of Witchcraft



Witchcraft in its earliest form dates back to the cave man time, Paleolithic times. Back to when the first cave man dressed in animal fur and took on the appearance of the animal he wished to kill to maintain his very own life existence. Back to when lightening came down and magically introduced the cave man to fire. Back to... blah blah blah?

In truth the true origins of Witchcraft are *lost* in the mists of time, and that is the plain and simple truth. We can not actually *prove* just how far back it really goes, but we do know that it is a very ancient practice. However, due to the present day records, historical research garnered by prestigious Folklorists, Archaeologists, Anthropologists, and Historians alike, we have been able to come up with a reasonable timeline of the History of Witchcraft. The timeline is only general, but it is as accurate as we can put together with the information we have. This information also includes the folklore of Witchcraft that has helped to fill in some of the lost or blank spots of the history.

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As for documentation there is some, at least according to the church, but there is very little proof at least along the lines of an ancient Grimoire or Book of Shadows and such or at least that has been brought forth to date.

I personally do believe that even before recorded time that people paid homage to aspects of nature like the wind and storms. They also possibly honored things such as trees, rivers, and especially the sun and the moon. I believe that over time the forms of paying homage or honoring these things eventually took on more importance and the ancient people started to paint murals and carve figurines.

I am also under the understanding that Witchcraft before the Witch Craze was actually more of a true spirituality. After the Witch Craze it became more of a practice, hidden in the shadows, and back rooms losing a lot of its religious foundation and only incorporating religion in some aspects.

The earliest confirmed artifacts of the Witchcraft or Paganism date back to over 20,000 years ago. There were paintings discovered that depict forms that are half man and half animal with other animals and people, images that anthropologists have now titled as images of the God of the Hunt. Discovered also around this same time period were carvings of robust female figures. These carved female figures had huge rounded breasts, generously rounded buttocks and large belly. Some scholars and anthropologists believe these to represent fertility. These earliest carved forms are now referred to as 'Goddess Figures'. According to the book "The Complete Idiots Guide to Wicca and

Witchcraft” by Denise Zimmermann and Katherine A. Gleason, *“In 1908, the limestone statuette that has come to be known as the Venus of Willendorf was found in a cave near what is now Vienna, Austria. Archaeologists believe that the 4 3/8”-inch (11.1-cm) high figure comes from the period between 24,000 and 22,000 BCE. When found she bore traces of a red ochre pigment thought to represent menstrual blood. Similar statuettes have been found in a large area of Europe—from Western France to Western Russia. The Venus of Willendorf has become an icon of prehistoric art.”*

There also seems to be some evidence of rituals that similar to that of *modern day* witches that date as far as 12,000 to 15,000 years ago. This would make Witchcraft one of the oldest practices, or at least lifestyles or form of spirituality on Earth. Please remember that there are those that do not consider Witchcraft a religion among the Witch population, they prefer to consider it a way of life or a practice.

The point in history that Christianity came on the scene and flexed its religious muscles and expanded its political wings of power leaves a very dark shadow on the history of Witchcraft and a lot of blood on the hands of the religion called Christianity. Christianity soon began to pass laws to repress Heresy and soon to follow were laws to repress Witchcraft and many other Pagan based religions and lifestyles. Apparently the nature based religions of the past were seen as a threat to the new religion on the rise, that of Christianity. Yet Witchcraft or Paganism remained in the forefront of religions. With

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its roots in the mother earth herself, Christianity had difficulty converting pagans of the past.

There came a time when the pagans and any others that did not correctly follow the teachings of the Church became marked as heretics, and heresy was a crime against the Christian faith and God, and the Church, punishable by imprisonment and later by death. By Canon law, under the influence of Roman law, granted that Heresy was punishable by imprisonment, and this later lead to a heretic must be practicing Witchcraft. So, Witchcraft also started to be punishable by imprisonment and later by death. However, for a woman to be imprisoned in the early days of the Witch Craze she first had to be proved to have made a pact with the Devil. For if a woman was possessed then she was not at fault since possession was against her will. But if a woman entered into a pact with the Devil then this was voluntary and proved she was, supposedly, a practitioner of Witchcraft, thus, a Witch. What Christians and the religion of Christianity did not understand, could not grasp was the fact that Witches did not believe in the Devil. If witches had no belief in the Christian Devil it was impossible for a Witch to enter into any kind of pact with someone or thing they knew nothing of or in no way believed in, but this did not stop the Church.

Pope Gregory I (540-604) knew that more people needed to be converted to Christianity and he was actually a pretty smart man. He knew that if he could convert large masses to Christianity, meaning baptize them into the faith that he could make a dent in the Pagan

followers and eventually bring Christianity to the forefront. But, how do you convert followers of an ancient religion? How do you change someone's beliefs that they have been raised from birth believing a certain way?

Pope Gregory I, also known as "the Great", knew that pagans would continue to worship in the places that had become sacred to them. So he proclaimed that Christian Worship be carried out in the exact places that were sacred to those of the more ancient religions, Christian Religious ceremonies led by Christian Priest. Churches started popping up on the sites of old pagan temples. Pope Gregory I did have 10,000 people Baptized in England. This was the beginning of the domination of Christianity. Even after the death of Pope Gregory, the Pope and the Catholic Church continued to gain power and ground.

In the 15th Century, two Dominican monks forged a paper for the Catholic pope, a letter that was later accepted by the Vatican that allowed the churches to begin actively persecuting the Witches and Pagans of the time. Eventually a manual was even created, the 'Witches Hammer', to go by for those that sought out to destroy the Witch, a manual that detailed how to identify a Witch, and ring a confession from her in a proper Christian authorized manner. This manual detailed the process of trial and how to convict and destroy a Witch.

Under the Reign of Pope Innocent VIII, two men know as Heinrich Kramer and James Sprenger, became two of the most

famous Witch hunters and Inquisitors of that time and are the most famous Hunters in recorded History to this time. It was their manual the *Malleus Malleficarum* (*Malleus Malleficarvm*) better known as the ‘Witches Hammer’, mentioned above. This hideous book became second only to the Christian Bible in its popularity and sales. This ‘Witches Hammer’ created the standard of inquisition, torture, and trail to set the method of death to the victims of the times known as the “Witch-Craze”, better known today as to modern Witches as “The Burning Times”.

The Witch-Craze, Better Known as the Burning Times

“They told me if I would not confess I should be put down into the dungeon and would be hanged, but if I would confess I should save my life.” -Margaret Jacobs

The time in history that is often referred to as ‘The Burning Times’ is a time which stands out in the minds of any and all that name themselves either Witch, Wiccan or of any Pagan affiliation today! This time of torture and persecution that is referred to as ‘The Burning Times’ or the Witch-Craze, began roughly in the thirteenth century, reached its height in the seventeenth and eighteenth centuries, and, by some, is said to still continue to this very day. However it is my own belief that, yes there are still killings due to what path you chose, which religion you devote yourself to, but today’s killings are not the same as those of the ‘Burning Times’.

Although just as horrible, and unjust, not the same. The murders carried out today in some third world countries are not a continuation of the Witch-Craze, nor do they adhere to the 'Witches Hammer'. It is a sad and scary thought to know that in some places, you can still die because of what you believe or do not believe in.

During the Witch-Craze or 'Burning Times', the established religion had become Christianity, and thus the Church was also considered the authority on any religious matters. This being so it is the 'Church' that ordained such horrific atrocities against those of whom were merely even suspected of Witchcraft.

It truly is a sad time in religious history when such ugly and bias malice was carried out in the name of religion, in the name of God? But it seems to be a never ending cycle - War, in the name of God or religion!

What I want every one that reads this to stop and remember here and now is that the cruelties that were committed during the With-Craze or 'The Burning Times' were done by the 'Church' not the religion. Those vicious deeds were ordained by a *man*, or several men, not a god, especially not a loving caring god. So when you think of 'The Burning Times' and all the lives that were tortured and destroyed in the name of Christianity, please remember that it was not the 'true' followers of that faith that did the persecuting. It was not the true teachings of that religion that perpetuated the sickening deeds known today as the Witch- Craze or 'The Burning Times', it was living breathing, greedy, sick - *men*, not the religion.

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Men greedy for power, money, a moment of fame, who knows what motivated those men, but it was not true religion that did so. For the teachings of the Christian faith are, 'thou shalt not kill', and that 'you shall love your neighbor as yourself' (Mark 12:31).

'The Burning Times', why was this time in history named such, because so many were literally burned to death? Possibly, but it seems that the actual term the "*Burning Times*" appears to have been created or coined by a woman by the name of Mary Daly. If you look in the book "Gyn/Ecology: the Meta-Ethics of Radical Feminism" (Boston: Beacon Press, 1978). The Word or phrase of "Burning Times" is listed as one of her "*new words*", and there was not prior use, or at least not wide spread use of this phrase.

It seems that before Mary Daly coined the phrase 'Burning times' that the era was previously most often referred to as the Witch-Craze or time of the Witch Hunts, but not the Burning Times. 'Burning Times' is more of the 'New Age' term for the time in history referred to as the Witch-Craze.

However being burned was not the only means of putting an accused Witch to death. Many were hanged, drowned, stoned, starved, and viciously tortured to death. The death of a Witch was most often not quick. A Witch could be imprisoned for years after being named a witch, before she or he even went to trial to be persecuted as a witch. Often one was accused of witchery and then they were taken away and put in a prison or holding of such. If they had money, rather the family had money, the family could pay for the

accused to have food, a candle to see by, and possible even a blanket to be covered with. But for those that did not have money, often they suffered excruciating deaths of starvation, exposure to the elements, and rat infestations, often overcrowding, and sickness, and torture before they succumbed to death.

Methods of Torture

What follows is a list and a brief description of many of the forms of torture that were used to wring a confession from a poor innocent soul. These forms of torture where not used all the time everywhere, but they have been discovered and passed down through the mist and the church as some of the methods for acquiring a confession of either Witchcraft or heresy either one. Not matter what they where used to wring a confession for, most of these are so inhuman it is honestly sick and had to be a very sick, or several sick minds that invented such ways.

Hanging: Just as it indicates a convicted Witch was to be hanged by the neck until dead. Hanging was a sentence, yet also a form of torture for not every one that was hanged died right away. This was a very public event. There were also many lynch mob type hangings. Often when someone was named a witch the one named never even got a trial, rather then wait for the accused to be tried in a court a group of people would get together and literally go and take the

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suspected Witch out of his or her home. Then they would throw a rope over a tree limb and either kick a box or chair out from under the accused or ride the horse out from under them, the end was the same, they hung by the neck until dead. Why was this? Out of fear? Out of Greed? We may never truly know.

Blooding: It was once common belief that bleeding or burning the accused Witch's blood could invalidate a witch's power. Convicted witches were "scored above the breath" rather slashed over the nose and mouth and allowed to bleed. Sometimes witches blooded this way bled to death. However if she or he bled to death then at least the accused was believed to have died scourged of the evil blood, with a clean soul restored?

Stones: Many of the accused were, after much torture already, lain on a flat surface and stone after stone was piled upon the them. A horrible and prolonged death at times. Being crushed to death slowly. A person could last for days before death claimed them.

Boots/Betokens: These horrible torture devices where wedges, most often made of iron, or wood from time to time, that fitted the legs from ankles to knees. The one that was to carry out the torture used a large, heavy hammer to literally pound the wedges, driving them closer together. The wedges lacerated flesh and crushed bone, sometimes so thoroughly that marrow spewed out and the legs were rendered crushed and totally useless.

The Ducking Stool: The ducking stool, more aptly, the immersion stool, was a form of punishment that was used on women

accused. Many during the days of the Witch Craze had a fear of water, and many did not know how or have a need to learn how to swim, so this form of torture was truly offensive, and often fatal. The accused would be strapped into a seat that hung from the end of a free-moving arm that was placed on the end of a pier or board walk type setting to hang out over the water. The seat and the woman would be dunked repeatedly into the river or pond. The thing that was truly scary was that how long the accused and the stool remained under the most often frigid waters was up to the one operating the device.

The Garrote: The first garrotes were nothing more than an erect post with a hole. The victim would stand or sit on a seat in front of the post, and a rope was looped around his or her neck. The ends of the cords were fed through the hole in the post. The executioner would pull on both ends of the cord, slowly strangling the victim. Until a modified version was created that drove a spike into the back of the victim's neck.

Knotting: Knotting was as a form of torture that was more specific to women. It involved tying a stick into a woman's hair and twisting it tighter and tighter. When the Inquisitor no longer had the strength to twist, he would hold the victim's head or fasten it in a holding device until others could take over. Not only would the hair be ripped out, but the scalp would often be torn open, exposing the skull-cap.

Burning: Burning at the stake is by far the most well known punishment for witches. However putting someone to death by burning, was also a fate for heretics. The burning of a witch was usually a grand public occasion, just as a hanging. The execution took place shortly after the sentencing, just long enough to hire an executioner, construct the execution site and gather the fuel. Doused with tar or pitch and then set a flame is not an easy way to die for anyone or thing.

The Rack: The Rack was a very simple and again another popular means of extricating confession. The victim was tied across a board by ankles and wrists. Rollers at either end of the board were turned, pulling the body in opposite directions until every joint was dislocated.

The Strappado: The Strappado was one of the easiest and, therefore, one of the most common torture techniques. All one needed to set up a Strappado was a sturdy rafter and a rope. The victim's wrists were bound behind her/his back, and the rope would be tossed over the beam. Then, the victim was repeatedly dropped from a height, so that her/his arms and shoulders would dislocate.

Implement: Implement was deadly, but it was also a form of torture because the victim was placed alive on the end of a sharpened and pointed stake. This was done by inserting a stake into his posterior, which then is forced through his body, emerging through the head, sometimes through the throat. It is said that then the stake was inverted and planted in the ground, so that the victims, if still

alive, could actually live in agony for some days before claimed by death.

The Wheel: The Wheel was used a lot in France and Germany. This was another popular form of punishment. The accused was brought to the scaffold and then tied to the side of the wheel lying on the scaffold, stretched across its spokes and hub. The executioner wielded an iron bar. The task of the executioner was to shatter the limbs with the heavy weapon. It is speculated that a skilled executioner could break and smash the bones of the accused without piercing the skin. The wheel was then propped upright so onlookers fully witness the death of the accused.

The fact remains that there were many documented forms of torture to be preformed on an accused Witch. Most often more than one form was carried out, either until the broken victim confessed or was murdered. Some other forms of torture were The Triangle, The Pear, Mastectomy, The Iron Maiden of Nuremberg and so many more. The end result was death, slow and painful.

It is presumed that the worst of the Witch-hunting took place in Germany, Scotland, France and even Switzerland, and possibly even Poland. In each of those countries and in other places not named, so many Witches were tortured and killed. However it does appear that Germany is where the largest numbers suffered. It seems that approximately one half of all Witches killed in the Burning Times were German — an estimated 25,000 people all told. You must also realize that the colonies, or early America, were still pretty much a

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brand new and not a highly populated place, and not even really a country during the height of the Witch-Craze. So there is actually little American history dealing with the Witch-Craze. What little there is seems to be fairly well documented. Much of the persecution of witches that was carried out in the colonies was in or near the Salem, Massachusetts area.

Please remember whenever a number is given here it is a guess, speculation, because all of these deaths were not reported by the church or the lynch mobs that did these horrible things, so numbers have to be taken with a grain of salt. I don't think it was the near or over 9 million that is being told by those that have not been educated, that were tortured and killed, but a lot smaller number. What that number may truly be we shall never know. The fact remains that it matters not if it were fifty or fifty million that died during this time, what matters is that this time in history was ever allowed to happen in the first place and that it not be allowed to ever happen again!

The Church, not the Religion

What I would like for you to understand is that this horrible torture was a reality at one point and time in the history of mankind, not just of Witches. Also, please remember that it was the Church, not the religion, and it was only a handful compared to the masses, that carried out or even believed in such atrocious things or acts. There

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were men of the priesthood that did stand up for those that suffered needlessly.

In 1952, Father Cornelius Loos wrote this statement about those being accused and tortured as Witches. *“Wretched creatures were compelled by the severity of the torture to confess things they have never done... and so by the cruel butchery innocent lives were taken; and, by a new alchemy, gold and silver are coined from human blood”*

There was also a Priest in the 1600’s that supposedly documented testimony of forced ‘confessions’ of those accused as Witches. It seems that a man of the cloth, Michael Stapirius, wrote a book that record confessions of Witches. Confessions such as the following from one person accused: “I never dreamed that by means of the torture a person could be brought to the point of telling such lies as I have told. I am not a witch, and I have never seen the devil, and still I had to plead guilty myself and denounce others...” it appears that all but one copy of Father Stapirius’ book were destroyed.

So how many actually were tortured and put to death, murdered? We may never know the actual number.

Now that you know some of the horrific forms of torture those that were accused and persecuted as Witches endured, and the numbers accused, it is not hard to imagine why so many of today’s ‘real Witches’ remain in the ‘Broom Closet’.

Who was accused of witchery?

Many that hear of the Witch-Craze or Burning Times assume that it was only women that were persecuted of witchery. This is by far not true. It is now believed that most of those that were accused and persecuted during the 'Burning Times' were not even Witches. Many were good and honest Christians that were murdered. Not only was it women that suffered, but also men, children, dogs, cats, sheep, goats, and all forms of animals that were either accused of witchery or of being bewitched. It is even speculated that none that were killed during the Witch Craze were witches at least witches in the modern sense of the word. There will be a section on Modern Witchcraft.

Before the Witch-Craze era was over or better known now as the "Burning Times" were over, some say that 9,000,000 plus, people, mainly women and children, had been tortured and horribly put to death. A more accurate number is probably around 200,000 not million that were tortured and murdered during the 'actual' Burning Time years. History Professor Jeffrey B. Russell, of the University of California in Santa Barbara states in his book "*A History of Witchcraft*" that "The witch-craze that swept through Europe in the sixteenth and seventeenth centuries cost the lives of over 100,000 people..."

The sad truth is that many that were named and killed were not even practitioners of the old ways. Even sadder still is the fact that the motivation for many for accusing someone as a Witch was often that

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of fear, lust, and greed. Greed for the land, or the livestock, or the possessions of the one named. Lust, lust that caused the accuser to feel guilt, and call the one lusted after a witch to rid him or her of their presence. Fear, fear of the old or unknown and even things such as the beauty of a face, or the wrinkle of another could cause fear. Actual acts of witchcraft were not even needed for one to be named a witch. If there was a death without a proper cause, or a plague, or bad crops anything and everything was often blamed on witchery and if witchery was at foot, then there must be a Witch at hand right? Wrong, we all know now of days that these things had proper, even scientific reasons, but they did not know this long ago.

Is it any wonder that Witchcraft and Paganism alike pretty much went into hiding? That even to this day, with the intolerance that is still being taught that so many practicing Witches still remain in hiding, in the proverbial 'Broom Closet'? I don't think so, even if those that died were not practicing Witches, nor our own ancestors, the with and depth of the Centuries titled the 'Witch-Craze' or 'Burning Times' has left a scar on religious society of all walks that will not fade any time soon.

Witchcraft A Legal Religion?

By the late 1940's to the 1950's, Witchcraft seemingly found a new niche in today's society because of Gerald Gardner. This was not actually the old craft, but something new and wonderful that was

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created in a likeness of Witchcraft – and named Wicca. In 1985 because of the court case of Dettmer Vs Landon, Witchcraft became recognized as a legal religion? But how can a practice that many do not even consider a religion be named as such and made legal? Well, actually it was Wicca that was the religion of the plaintiff in the court case of Herbert Daniel Dettmer Vs Robert Landon, Director of the Corrections (Dettmer Vs Landon). Wicca learned in a correspondence course from the Church of Wicca, and NOT Witchcraft that was concerned in this case. However, apparently the Church of Wicca taught that Wicca and Witchcraft were the same thing and some how, what is actually Wicca went down in the law books as *Witchcraft* stating that Witchcraft is a legal religion. To say the least this is inaccurate according to Traditional Witches, but honestly even if it is inaccurate, it does make the practice of Witchcraft and Wicca legal, at least in the eyes of the Law.

Are we at a point and time in history that it does not matter that Witchcraft and Wicca are not one and the same? Does it matter that most probably 90 out of 100 that claim to be Witches today do not know that there is a difference? In some ways maybe not, but personally, I think that to be an educated and balanced Witch that you must know that there is a difference between Wicca and Witchcraft historically. Just as I believe that you need to know that no matter how many Witches of today ‘claim’ to practice the ‘Old Religion’ fact is I honestly doubt that they do, I personally am not sure there really IS an “Old Religion’ any more. I will elaborate on this in the section

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titled ‘Is there really an *Old Religion* any more’. For now let’s take a closer look at the Religion of Wicca.

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Personal Notes and Thoughts

Chapter 5

Wicca



What is Wicca

Wicca is a truly beautiful earth based religion. The Wicca that I am about to discuss is more of the *Eclectic Wicca*, that of which many *solitary practitioners* today tend to practice, not the more Traditional Coven type Wicca such as Gardnerian or Alexandrian.

I have already discussed in the brief overview between Witchcraft and Wicca that Wicca is not the *Old Religion*, and the general fact that there is no historical documentation to prove that it is an Old Religion. Wicca may be considered the “New Old Religion” due to the fact that it seems to draw inspiration from various old religions, and magical paths.

What I want to stop right here and state is that just because the history of Wicca is not proven to be ancient, and that it is actually a modern religion, this does not make Wicca any less a true and beautiful religion. Wicca for many, hundreds of thousands, is just

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that, a very beautiful and peace-filled, loving, life affirming and rewarding religion, just as *any* religion *should* be.

There are so many that follow the path of Christianity that do not fully comprehend the extensive history that religion holds, errors and all, and that, to most Christians, it does not make Christianity any less or more of a beautiful religion for them. Many religions that do have extensive historical backgrounds and doctrines that often may take years to learn, but before the learning is completed that religion is still beautiful and truly believed in!

It is my personal opinion that religious doctrine of any kind is one; questionable, two; debatable, and three only as important as the practitioner of that religion so deems it to be. In actuality for all we know when we pass over there may be *nothing* to pass over to! There may be no gods or goddesses, no Heaven or Summerland. But, I believe it is always better to believe in something than to believe in nothing. However I do not recommend that you believe in anything blindly, just because someone else has told you to. Research and find what feels right in your soul, then you will know you have found the right path for you, be it Christianity, Taoism, Buddhism, Native American Spirituality or that of Witchcraft or Wicca, it will feel "Soul Right". With out belief, for the most, life would just not be full, rewarding, and challenging not to mention peaceful, and beautiful. Besides, personally, to me, there is too much proof that there is a Creator, or a God, and Goddesses or many as well - so yes, I believe, and if you are here then you to believe in something or you want to.

Let's try to understand more of what Wicca really is by looking at where it came from, what the history of the gentle, loving and life affirming new religion of Wicca really is. There are some that will dispute that Wicca is not a *new* religion, and that it is much older then is documented. They do this by taking the word of Wicca and dating it back in time through its word origin. To date there is no proof that Wicca predates Gerald Gardner, and until proof is provided I will stand by what is presented in this book.

Origins of the word Wicca

Many will claim that Wicca is old and that it is derived from the world Anglo-Saxon word Wicce. The word Wicce is and Anglo-Saxon word, and it plainly refers to a male or female that can divine or find out information using some form of magic, or a seer. The Anglo-Saxon word of Wicce means "to bend, turn, or shape." These are older terms, predating Wicca, and if the origin of Wicca were truly derived from the Anglo-Saxon term of Wicce, or the Germanic root of 'Wit' meaning to know, then possibly Wicca could be justified as an older religion with a new name, however this is not the case.

According to Professor Russel, of the University of California, in his book "*A HISTORY OF WITCHCRAFT - Sorcerers, Pagans and Heretics*" (Published by Thamesand Hudson) his research shows that the origin word *Witch* is an Indo-European word, that of *Weik*. He went on to state that the word Weik had four families of derivatives

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and that each had something to do with magic and religion. Professor Russel went on to claim that the most relevant of these derivatives is the word Wikk, which just meant magic or sorcery. It seems that from Wikk then came the Middle Germand word of Widden which means to predict. Next came the Old English word of Wicca and this word was pronounced as Witcha. It seems that according to Professor Russell that this word Wicca pronounced as Witcha was used to distinguish the male witch. Where as the word Wicce pronounced Witcheh is the female derivative of Wicca meaning female witch. The word Wicce did eventually become the modern word of Witch. The above information shows you the origins of the word Witch and it is no way proof of the word Wicca being tied in any manner to the word of Wicca today that is simply a misunderstanding, or a misinformation either way you wish to look at it.

It appears that Gerald Gardner, the creator of Wicca took the word Wicca, and the true pronunciation of Witcha and invented a vernacular, or slang version to suit his own needs and pronounced this form of Wicca as Wikka, and that is how it is known by most, today.

You can now see that the real origins of the word Witch and Wicca are not historically tied to the new pronunciation of Wicca being Wikka as Gardner has deemed it. You can also probably see that the word Wicca pronounced as Gardner has did has no historical bindings to Witchcraft other then the fact that Gardner took an old word, Wicca and distorted it to is own ends creating Wicca pronounced as it is today.

Please understand that this does not make the religion of Wicca any less beautiful it only proves that it is not ancient, or at least that it is no ancient by way of the foundation or root of the word origin. Wicca as pronounced today has no claim or foundation in the *Old Religion* as so many avow to and will try to speculate and tie it to the words of Wikk and future version of the old Wicce because there really is no tie. With that being said, you can see that Wicca is an ancient word not an ancient religion. And even today's pronouncement of it is incorrect as for the historical foundations of that word.

We have to remember that it was when Gerald Gardner wrote down his ideas about witchcraft, that *he* is the one that chose to pronounce the word Wicca as Wikka instead of its original form Witcha, and by consensus this is now how everyone pronounces this word, right or wrong.

If you would like to learn more about the origins of words relating to Witchcraft and Wicca there are several great books out. I would recommend that you add to your personal book collection Professor J. B. Russel's book *A HISTORY OF WITCHCRAFT - Sorcerers, Pagans and Heretics* (Published by Thames and Hudson).

History of Wicca

If Wicca is not old then what is its history? Wicca as we now know it is actually derived from an eclectic conglomeration of

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ceremonial magic, plus assorted turn-of-the-century folklore, and yes some vestiges of Witchcraft. Not to mention that Wicca with-in the past two decades has changed from the teachings between teacher and student and coven and coven. Wicca has changed, and reshaped even more so from it's original teachings.

How did Wicca come about? Who is its originator? As far as can be documented and proved you can pretty much say Wicca was started by Gerald Gardner. There are those that will dispute this, and that is their right. However as this book is concerned, I will stick with what is documented historically. So, Gerald Gardner is one of the first that brought Wicca out of the dark and into the light for the world to see.

Yes, Wicca does have roots, its basic beliefs, in the ancient, derived from folklore and from Witchcraft as well. But its main creation is by Gerald Gardner. He is not a god, only a man, but no matter what he created or at the very least, helped to create, has evolved in a short time into a very popular and beautiful religion for millions of practitioners.

When Gardner created or reshaped a religion into what is today known as Wicca he pretty much took bits and pieces from the Nature worship of tribal Europe, and other parts of the world. Now from coven to coven and tradition to tradition the original teachings have grown and changed to suit the individual or coven or tradition at hand. So that the Wicca as practiced by many today is not even the Wicca

that Gerald Gardner created. But first lets take a closer look at the man behind the religion of Wicca.

Gerald Gardner

So who was Gerald Gardner? Who was the man that created a new religion that of Wicca, a Religion that is spreading like wild fire across this planet?

Gerald Brosseau Gardner, born June 13th, 1884 at Great Crosby, in Lancashire, England. I hate to sum someones life up in a few short points but the fact is that whole books could be written about Gerald. I only want to get across the most important things that those new to Witchcraft or Wicca really need to know to have a solid foundation in Wiccan History. So the highlights of Gerald Brosseau Gardner's contributions follow.

- ❖ It is speculated that Gerald was initiated into the New Forest Coven by "Old Dorothy" (Dorothy Clutterbuck) in September, 1939. I have to make a note here that there are some that do not believe "Old Dorothy" actually existed, or at least in the manner that Gardner prescribed, she was real, but was she the one to really initiate him? There are others that say that Gerald made the name up to protect the one that truly did initiate him, there is also someone called Dafo in this mix somehow someway. This is something we may never truly know. The

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thing is, Gerald was a member of the New Forest Coven, of Witchcraft, not Wicca. It appears that Gerald was truly initiated into a more Traditional Witchcraft coven, but due to the *vows of secrecy* he was not able to share but so much about Witchcraft. And since he could only share so much he fleshed out what he could share with forms of Ceremonial Magic, and Eastern concepts which literally created a new religion, Wicca.

- ❖ He published *High Magick's Aid*, a fictional account of witches, in 1949 under the pen-name Scire.
- ❖ After the repeal of witchcraft laws in Britain in 1951, Gardner published *Witchcraft Today* in 1954, a non-fictional account of modern witchcraft.
- ❖ He became a spokesperson for the pagan community
- ❖ His education is questionable.
- ❖ He died: February 13th, 1964.

There was much more to Gerald Gardner than the summation above, this I promise! However if you wish to know more of Gerald's life there are many Wiccan books out there with info on it. Please feel free to do more research on Gardner as your studies progress. You should never stop learning!

According to the various sources out there it seems that you might view the Gardner's Wiccan Family Tree's beginnings as follows.

Gerald Gardner initiated:

- Doreen Valiente
- Monique Wilson
- Pat Crowther
- Lois Bourne (Hemmings)
- C S (Anonymous)
- Rae Bone.

What follows are the members that Gardner initiated and the ones that they in turn initiated. **(Did Doreen initiate anyone?)**

Monique Wilson initiated:

- Campbell Wilson
- Raymond Buckland.

Pat Crowther initiated:

- Arnold Crowther
- Pat Kopanski.

Pat Kopanski:

- Alex Saunders

Alex Saunders initiated:

- Maxine Saunders
- Janet Farrar
- Stewart Farrar.

C S (Anonymous) initiated:

- Robert Cochrane.

Rae Bone initiated:

- Madge and Arthur.

Mage initiated:

- Vivienne and Chris Crowley.

That covers much of the birth of modern Wicca through initiation, the family tree of Gerald Gardner's Witch family.

There is more to the history of Wicca then you will find in these pages, but what you discover here is the birth of Wicca and the history that gives you the foundation you need to learn more on your own. The history of Wicca does not seem to be that long or in depth due to the fact that the religion is less then seventy years old. What is truly amazing are the numbers that continue to grow in the pagan communities. It may be a new religion, but it is steeped with bits and pieces of a much older path that will forever draw the curious and the true seekers alike to this path.

Personally I think that Wicca has just began and that there is no gauging where it will be five, ten or fifty years from now, but I don't think it is going anywhere that is for sure, it is here to stay. I just hope that in five, ten or fifty years that Wiccans will be proud of their religion and not need to lay claim to Witchcraft as well.

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Personal Notes or Thoughts

Chapter 6

Is there an 'Old Religion' Anymore?



We have just looked briefly at the history of Witchcraft and Wicca. By now you know that many do not even see Witchcraft as a religion, but that there are many more that do see Witchcraft as a practice, a way of life that incorporates religion or spirituality within it. Still, there are truly many that do see and practice Witchcraft as a religion. You also know by now that Wicca is a newer religion, one that incorporates aspects of older faiths into its ways. This brief chapter is to pose a question: is there an 'Old Religion' anymore? Or are *all* religions of today simply 'new' religions drawn from old ones?

We know that Wicca is a newer religion that draws off of many old ways, but what about Witchcraft today? Witchcraft of today and that of more ancient times are probably not the same either. Witchcraft has evolved over time; it is only natural to have done so. Yes, it still holds fast to past teachings, it has a history, and it has some family Traditions, many secret still, that are from very old lines that have survived, but is it still *practiced* in an **ancient** manner or in a

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modern one? All things change and evolve over time, all things. So has Witchcraft evolved as well?

About Witchcraft Today

I have practiced Witchcraft and or Wicca in some form or fashion for the past twenty plus years now. I have read countless books on history; my own college degree has extensive art history, which incorporates much pagan history into it. I have read thousands of books, fiction and non-fiction alike from things such as ESP, ghost, reincarnation, vampires, werewolves, witches, magic, and magick. I have read hundreds of books on Wicca, and on nature, and on colors on psychology and sociology. I have surfed the World Wide Web for the past several years now on Witchcraft and Wicca and the likes. Over and over I see this book or that book, one group or another group, or this person or that person laying claim that they practice the **‘Old Religion’** or talking about or quoting the ‘Old Religion’, but is there *still* an ‘Old Religion’? I mean think about it, is there really an old anything?

Let me ask you a question - do you do much of anything the *old way*? Seriously think about this question.

Do you scrub your clothes on rocks or in a tub over a fire by hand, and then hang them on a line or over a bush to dry? No? Most likely you put them in the washing machine, and then the dryer either one you own, rent or visit at a laundry mat, but you don’t really do it the

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old way right? Not when the *modern* way is so much more practical and convenient? Now, I have to say that there has been a time or two when the washing machine was broken that I have washed some clothes by hand, wrung them out and then I tossed them in the dryer! But if I don't have to, like most folks, I ain't going to do much of anything, the *old way*. That is simply the truth. I am not lazy or slack I am just smart.

If you plant a garden do you hitch up the mule or a horse to an old plow and till the soil, or do you break out the gas or electric tiller or John Deer type plow to turn the earth?

Do you cook your food over an open wood fire, or in a stone hearth oven? Or do you pop your food in the microwave, fire up the coffee maker, and use your electric stove to fix that meal?

Do you use a flint to start a fire, rub two sticks together or do you use a lighter or matches? Do you see where I am going with this?

The thing is, no matter how hard you may *try* to practice the 'Old Religion' chances are pretty good that you do *not* do it the *old way*. So, would that not make the '*Old Religion*', a *Modern* religion in a sense?

You say you still practice the old religion, yes, in general, many of us do because of either traditions, doctrines, or what ever we have been taught. The point here is - even if we do practice an old religion with historical ties all the way back to antiquity -we do it in a *Modern* way.

I personally have even claimed that I practice the ‘Old Religion’ but honestly I don’t. What I have done is taken the ‘Old Religion’ *as I know it*, and have learned it and the learning’s from my many years as an active Witch and **modernized** them to what feels and works best for me. Using modern aids, and ways of thinking. I practice many aspects of the ‘Old Religion’ in a brand new way, at least new to what my own foremothers practiced. So can I or do I call myself a true Traditional Witch? No, I don’t, I am too eclectic to be that. I took what I seen growing up, and what I have been taught, and what I have learned apart from my family, and I have practiced in a manner that *feels* right, “Soul Right” to me.

I have seen this in ALL religions - Christianity and Christians, most of them are not like the Christians of 50 years ago, much less 100 or 300 years ago are they? No, they have adjusted their *own* interpretation of the Bible in a manner and way that they can go about life in a *modern* way and still practice an their old religion right?

With Witchcraft, if you are a Witch today, do you make your own bee’s wax, tallow or paraffin candles? Well, some may, but chances are higher that you just run out to the local store and pick up what size, shape and color you need for what ever you are doing right?

If you sew a cape, or a shirt, or a dream bag or such do you use thread and needle, or do you beak out that sewing machine? Matter of fact, did you weave that cloth, did you die that cloth to the color you wanted it to be or did you *buy* cloth that was already close to what

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you wanted? Do you mix up your tinctures and brews over an open fire, or do you use the stove?

If you are a Witch that uses tools, did you make that Witches blade, or Athame? Did you sweat over an open fire and hone the iron, temper that blade yourself? Did you make that cloak, or that pent you wear? No? What about that incense, or oil, or wand or sword, or chalice or stang did you make them? Just asking.

Even though many of us do practice an 'Old Religion' - what I wanted to bring to your attention with this chapter is that we, as humans, change, grow, evolve and we do the same to every thing we come into contact with - even without conscience thought sometimes. And I would hazard to guess that many of us have also done this with our '*Old Religion*'.

Another thing I wanted to bring understanding too is that **maybe** it does not matter how old, or new a path is - but **what** it means, and how it makes the practitioner feel. Just my thoughts and a little food for thought I hope.

Is there really a True Old Religion? I have my doubts, and I don't understand why we as humans need to tie things to the past to make the legitimate in the present?

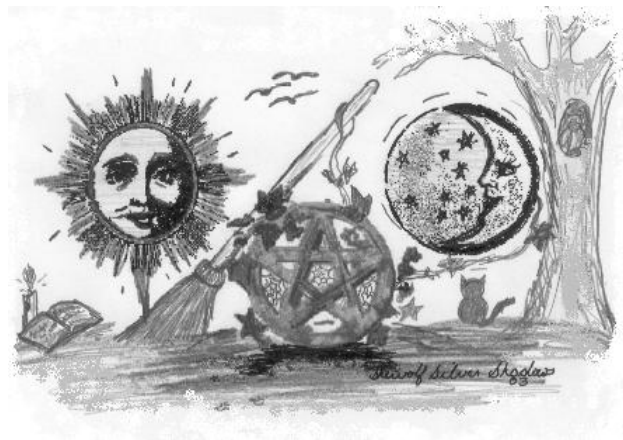
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Personal Notes and Thoughts

● Section Two ●

Understanding the path of a Witch or the religion of a Wiccan takes more then one book or one web site or one year and one day can every convey. To truly understand you must live it, and learn it, be willing to grow and be willing to change. A Witch truly lives his or her ideologies. Understand your beliefs and be willing to modify your way of thinking and seeing. Practice your own personal ways of spirituality from the very soul. You may also want to remember that we are all connected in some invisible and infinite way. Earth, Air, Fire, Water, and Self to Self -connected.

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Chapter 7

General Beliefs and Ideology



Now that you have an understanding, a good foundation, about the history of Wicca and of Witchcraft let's talk about what Witchcraft and Wicca really are, and to do this I guess the easiest way would be to look at some of the basic beliefs and any common ties. We have covered some of this in the many definitions of what a Witch is and what Witchcraft is believed to be by many practicing Witches of today. Now let us take a closer look at the general beliefs and ideology of Wicca in contrast to that of Witchcraft.

A Wiccan Witch

What does it take to be a Wiccan Witch? It actually takes many different things on many different levels. It takes, I believe, all the things mentioned in the first chapter on what it takes to be a Witch, to be a Wiccan Witch as well, to be any kind of Witch. For anyone to lay claim to the path of a Witch, of being a Witch, I personally feel to be a balanced with a solid foundation that all the criteria of the qualities

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of a Witch in the first chapter are important to some degree. However the info in chapter one is for those that wish to be a Witch with a solid foundation, you can be a Witch with out the foundation, it'll just be a precarious path.

Please note that the information that I will cover here will be on what it takes to have a solid foundation of learning for any Witch of the older ways, because it is good to know of other paths and ways. But this section is more geared for those that wish to practice Wicca and not Witchcraft specifically, mainly for the Solitary Wiccan Witch, in most cases an *Eclectic Solitary Wiccan Witch*. I guess the first thing you need to grasp to become a Solitary Wiccan Witch would be to understand the beliefs and ideologies of Wicca right. To do that we will take a closer look at the following, **The Wiccan Rede**, **Thirteen Principles of Belief** and “**The Nature of our Ways**”, the **13 Goals of a Witch**, and the **Rede of the Wicca**. This will give a general understanding of the basic beliefs and ideologies of Wicca.

All religions have some form of rules, laws, or commandments that the practitioner or follower must adhere to. The Older Religions, Christianity, Buddhism, Native American paths, and more all may have different rules, laws, commandments or more of a code of ethics to follow, but they have some from of belief system and most often a basic tenet or rules to follow. Wicca is no different. The religion of Wicca adheres mainly to the Wiccan Rede. This is one place that Witchcraft and Wicca are obviously different. Remember though that many do not consider Witchcraft to even be a religion, in the normal

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definition of religion so Witchcraft itself does not have any Rede or rules as of old. Today many Witches do believe that you get back what you put out there, or in the advent of cause and effect, so they do often tend to be cautious in their ways.

However with Wicca there is really only one true LAW. It is actually called the Rede.

The Wiccan Rede

The Law (Wiccan Rede): ***And it Harm None, do what you will!***

It's as simple as that, harm none! There are many poems out there that are dedicated to the Wiccan Rede, or that are in honor of the Wiccan rede, but please understand that the actual Rede is only EIGHT words – *And it Harm None, do what you will*, anything else is just homage to the rede. What follows are 2 poems in honor of the Wiccan Rede, the long version as well as a short version. Many that are newer to Wicca tend to believe that this longer version is the Rede in its entirety, but that is not so. They are simply beautiful poems honoring the Rede and the Wiccan Way. There are other versions of this with a line different here or there or a few different words but I have included these 2 as examples. Sorry I don't know who wrote these and after months of searching for the author it has been suggested that the author is unknown.

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Long Version

Bide the Wiccan Laws we must
In Perfect Love and Perfect Trust.

Live and let live,

Fairly take and fairly give.

Cast the Circle thrice about
To keep unwanted spirits out.

Soft of eye and light of touch,

Speak ye little, listen much.

Deosil go by the waxing moon,

Chanting out the Witches' Rune.

Widdershins go by the waning moon,

Chanting out the baneful rune.

When the Lady's moon is new,

Kiss the hand to her, times two.

When the moon rides at her peak,

Then your heart's desire seek.

Heed the North wind's mighty gale,

Lock the door and drop the sail.

When the wind comes from the South,

Love will kiss thee on the mouth.

When the wind blows from the West,

Departed souls will have no rest.

When the wind blows from the East,

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Expect the new and set the feast.
Nine woods in the cauldron go,
Burn them fast and burn them slow.
Elder be the Lady's tree,
Burn it not or cursed you'll be.
When the Wheel begins to turn,
Let the Beltaine fires burn.
When the Wheel has turned to Yule,
Light the log and the Horned One rules.
Heed ye Flower, Bush and Tree,
By the Lady, blessed be.
Where the rippling waters go,
Cast a stone the truth you'll know.
When ye have and hold a need,
Hearken not to others' greed.
With a fool no season spend,
Lest ye be counted as his friend.
When misfortune is enow,
Wear the blue star on thy brow.
True in Love ye ever be,
Lest thy lover's false to thee.
Merry meet and merry part,
Bright the cheeks and warm the heart.
Mind the Threefold Law you should,
Three times bad and three times good.

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In eight words the Wiccan Rede fulfill:

“An ye harm none, do what ye will.”

Short Version

Bide the Wiccan Law Ye must
In Perfect Love and Perfect Trust
Eight words the Wiccan Rede fulfill
In it harm none, do what Ye will
What Ye sends forth comes back to thee
So ever mind the Rule of Three
Follow this with mind and Heart
And Merry Ye Meet,
and Merry Ye Part!

“HARM NONE” This law is so simple. Harm NONE - this means not physically or mentally, spiritually or psychically. I believe this will cover no human or animal sacrifices, no black, meaning to harm in some manner, magic. I think it also covers the fact that you can not curse others, or bind them - no harm means just that harm none!

This Harm None law that belongs to the Religion of Wicca is one of the biggest differences between Witchcraft and Wicca that is clearly evident. In the practice of Witchcraft you will find curses, binding, and even on some levels personal sacrifice. NO, I did not say human sacrifice, or animal sacrifice just for the purpose of killing

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something! That is not a part of Witchcraft either! But I will cover this more in the chapter on Sacrifice.

I want to take a closer look at the Wiccan Rede because I think that by many new Wiccan Witches today that this rede is being carried to the extreme, and this in and of itself is dangerous.

Dangers of the Wiccan Rede

How can there be dangers with the Wiccan Rede when it stipulates ‘Harm None’? The dangers come when the Rede is taken *literally*, and not just at face value. You see - all too often I have seen Wiccans that take the Rede to the *extreme* and try to truly harm none, not a single living thing. They do not realize that in trying to adhere diligently to the law of harm none they are essentially hurting themselves, and that is still breaking the law of harm none.

For a time a span of about five or six years I was devoutly Wiccan, and the rede was a powerful thing in my own life. I did not want to harm a bug in my home, or a mosquito that landed on anything or me! Well, today I am a lot more practical; the real law is survival of the fittest, live and let live true but use your brain. It takes life to sustain life and that is a reality, an honest fact.

I also see Wiccans converting and becoming vegetarians so that they will – harm none? Do they not realize that a vegetable is alive and that to harvest it and eat a vegetable is just as harmful as sending a cow to the slaughterhouse? Do they think that vegetables are not

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harmed? Or do those that carry the rede to this extent not realize that life, *all life* is valuable and precious. Are they saying that the life of a cow is more valuable then the life of a vegetable? Personally yes, I do think that a life of a cow or a human is more valuable then that of a vegetable on many levels, not just because a human would scream louder then a vegetable when killed, but because of the level of conscience in the human or a cow. But then again, scientist may not have yet proved that plants can think or feel, but does that mean that they can not? Just because a vegetable does not scream out so we can hear does it mean that they do not feel pain? I personally am not sure, but what I am sure of is that ALL life is precious and valuable, all life.

I am not saying do not eat because you have to cause harm to plant and animal alike what I am saying is use your head here. I believe in the cycle of life, the circle of life. We are born, we live, we die, and in the living others must die to sustain us, again, survival of the fittest. The bird eats the bug, the cat eats the bird, and a larger animal like a wolf eats the cat. Eventually the wolf dies and then guess what eats the wolf – many bugs and such, even birds and the cycle of life starts all over. We have to eat for nourishment, we have to protect ourselves from harm, not just try *not* to cause harm.

If someone breaks into your home and physically threatens to harm you or someone you love, are you going to adhere to the Wiccan Rede? Are you going to be killed or watch a loved one harmed just because you do not wish to break the Wiccan law? I can not speak for you, but for myself I will say this, I will protect me and mine in any

and every way I can even if that means I have to harm another to protect us. I will also place food on our table for nourishment, for my family and myself to live a healthy life.

Do you understand what I am trying to convey here? No, I do not like to harm bugs, and if I can, I will capture them and take them out of my home instead of kill them. When I was around five months pregnant a beautiful black snake came into my home, I had left the back door open, do you think I killed that snake? No, I caught it and placed it in a bucket. Now I did not catch it like I used to when I was a girl, I mean I was pregnant, and I would not endanger my child for anything! So I used a golf club and scooped it under the snake and placed its squiggling butt in the bucket! Later that day I drove to my dad's house in the country and let that snake go back into nature. I was bitten by a Brown Recluse spider before, nasty business. So I don't care much at all for spiders, but they have a place in the scheme of things and are important, however I will not let a big spider crawl on me and bite me either; I will kill it in self protection and in almost an instinctive manner. But if that same spider heads off in a different direction from me, I will not bother it. Same with a snake, if I come across a snake, I am not going to harm it before it harms me, I will pay attention, and if the snake means me no harm and we can both go our own ways, I will not harm it. But if I am in a situation where I am threatened by that snake and it could be dangerous, I am sorry that and me would have a go round, and yes, someone or thing would be harmed.

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I do not purchase or harvest more than is needed for my family to survive healthily and happily on. And yes I do value and respect the life of the vegetable, the fruit or the meat of the animal that gave its life so that it might help provide nourishment and maintain the life and good health of my family and self.

I think maybe when the Wiccan Rede was conceived that it was not created to be taken so *literally*, but only in general. By this I mean that you should not cause harm just for the sake of harming, but that harm should befall none *unless* it is to preserve your own life and that of your loved ones as well. Also that all life should be appreciated and respected as important, sacred even, and should that we should be grateful for the life forces that sacrifice their lives for us to survive, food and nutrition wise.

DarkStar's Rede

DarkStar, also known as Darkness Herself, a Witch I know, has her own rede and it states "*Eight words My Witches rede fulfill, 'an it harm me harm back at will!'*" If it causes or intends harm to you, then harm could be caused back in the form of protection of self and loved ones and health. Common sense.

The Wiccan Rede is an important aspect of Wiccan belief, but I think that it should be taken at face value and in a manner befitting survival of the fittest.

Life, all life is valuable and precious. If we treasure life, respect it and admit to the importance of all levels of life then that is crucial step in the right direction. If you do not waste life, that of an animal, fruit or vegetable or your own, then that is a valuable lesson as well and in keeping with the Wiccan Rede, I believe. Give thanks to that which has given its life energies to help you sustain your own.

Remember to use your common sense when it comes to the Wiccan Rede if you wish to be or become a Wiccan Witch, and Trad Witch or not, remember to always take responsibility for your own actions. If you have the guts to do it, then take responsibility for it.

Principles of Belief

It is important to know that in an effort to inform and educate both the general public and Witches in general that during the Spring Witch-meet of 1974, held in Minneapolis, Minnesota the Council of American Witches created and adopted a statement entitled: “Principles of Wiccan Belief”. Sad to say, the Council of American Witches did not last for very long, however the Principles they wrote have remained and are now a very well known and important part of Wicca and Wiccan history. Teachers and authors writing about Wicca often cite these Principles of Belief.

The text of the “Principles of Belief” follows:

“The Council of American Witches finds it necessary to define modern Witchcraft in terms of the American experience and needs.

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We are not bound by traditions from other times and other cultures, and owe no allegiance to any person or power greater than the Divinity manifest through our own being. As American Witches, we welcome and respect all life-affirming teachings and traditions, and seek to learn from all and to share our learning within our Council.

It is in this spirit of welcome and cooperation that we adopt these few principles of Wiccan belief. In seeking to be inclusive, we do not wish to open ourselves to the destruction of our group by those on self-serving power trips, or to philosophies and practices contradictory to these principles. In seeking to exclude those whose ways are contradictory to ours, we do not want to deny participation with us to any who are sincerely interested in our knowledge and beliefs, regardless of race, color, sex, age, national or cultural origins, or sexual preference. We therefore ask only that those who seek to identify with us accept these few basic principles:

1. We practice rites to attune ourselves with the natural rhythm of life forces marked by the phases of the Moon and the seasonal quarters and cross-quarters.
2. We recognize that our intelligence gives us a unique responsibility toward our environment. We seek to live in harmony with Nature, in ecological balance offering fulfillment to life and consciousness within an evolutionary concept.
3. We acknowledge a depth of power far greater than is apparent to the average person. Because it is far greater than ordinary, it

is sometimes called “supernatural”, but we see it as lying within that which is naturally potential to all.

4. We conceive of the Creative Power of the Universe as manifesting through polarity — as masculine and feminine — and that this same creative Power lives in all people, and functions through the interaction of the masculine and feminine. We value neither above the other, knowing each to be supportive of the other. We value sexuality as pleasure, as the symbol and embodiment of Life, and as one of the sources of energies used in magickal practice and religious worship.
5. We recognize both outer worlds and inner, or psychological worlds — sometimes known as the Spiritual World, the Collective Unconscious, the Inner Planes, etc. — and we see in the interaction of these two dimensions the basis for paranormal phenomena and magickal exercises. We neglect neither dimension for the other, seeing both as necessary for our fulfillment.
6. We do not recognize any authoritarian hierarchy, but do honor those who teach, respect those who share their greater knowledge and wisdom, and acknowledge those who have courageously given of themselves in leadership.
7. We see religion, magick, and wisdom-in-living as being united in the way one views the world and lives within it — a world view and philosophy of life, which we identify as Witchcraft or the Wiccan Way.

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8. Calling oneself “Witch” does not make a Witch — but neither does heredity itself, or the collecting of titles, degrees, and initiations. A Witch seeks to control the forces within him/herself that make life possible in order to live wisely and well, without harm to others, and in harmony with Nature.
9. We acknowledge that it is the affirmation and fulfillment of life, in a continuation of evolution and development of consciousness, which gives meaning to the Universe we know, and to our personal role within it.
10. Our only animosity toward Christianity, or toward any other religion or philosophy-of-life, is to the extent that its institutions have claimed to be “the one true right and only way” and have sought to deny freedom to others and to suppress other ways of religious practices and belief.
11. As American Witches, we are not threatened by debates on the history of the Craft, the origins of various terms, the legitimacy of various aspects of different traditions. We are concerned with our present, and our future.
12. We do not accept the concept of “absolute evil”, nor do we worship any entity known as “Satan” or “the Devil” as defined by Christian Tradition. We do not seek power through the suffering of others, nor do we accept the concept that personal benefits can only be derived by denial to another.
13. We work within Nature for that which is contributory to our health and well-being.”

The Nature of Our Way

The following is fairly new to Wicca, and not all Wiccans know or adhere to it. But it is something as a well-balanced Witch or Wiccan Witch that I think is worth you to be exposed to.

‘The Nature of Our Ways’

By Scott Cunningham

- ❖ Honor all living things, for we are of the bird, the fish, the bee.
Destroy not life save it be to preserve your own.
- ❖ Ensure that your actions are honorable, for all that you do shall return to you three-fold, good or bane.
- ❖ Mock not the rituals or spells of another, for who can say yours are greater in power or wisdom?
- ❖ Seek out wisdom in books, rare manuscripts and cryptic poems if you will, but seek it out also in simple stones and fragile herbs and in the cries of wild birds. Listen to the whisperings of the wind and the roar of water if you would discover magic, for it is here that the old secrets are preserved.
- ❖ Books contain words; trees contain energies and wisdom books ne’re dreamt of.
- ❖ Ever remember the Old Ways are constantly revealing themselves. Therefore be as the river willow that bends and

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sways with the wind. That which remains changeless shall outlive its spirit, but that which evolves and grows will shine for centuries.

- ❖ As often as possible, hold the rites in the forests, by the seashore, on a deserted mountain tops or near tranquil lakes. If this is impossible a garden or some chamber shall suffice, if it is readied with fumes or flowers.
- ❖ Be wary of one who would dominate you, who would control and manipulate our workings and reverences. True reverence for the Goddess and God occurs within. Look with suspicion on any who would twist worship from you for their own gain and glory, but welcome those priestesses and priests who are suffused with love.

These are *The Nature of our Ways* from the book *Wicca: A Guide for the Solitary Practitioner* by Scott Cunningham © 1988 Llewellyn Worldwide, Ltd. PO Box 64383, St. Paul, MN 55164, All rights reserved.

I personally feel if you live by the above Law and the Nature of our ways as described by Scott Cunningham that you are living the best you can according to ANY religion or way of life! It is wonderful for the Traditional Witch, the Wiccan Witch, and the Christian alike no matter if it is of the Wiccan faith, it is still worthy of taken note of by any faith.

Thirteen Goals of a Witch

The thirteen Goals of a Witch are also by Scott Cunningham and have become very popular and important in the Wiccan community today. They are as follows:

1. Know yourself.
2. Know your Craft.
3. Learn.
4. Apply knowledge with wisdom.
5. Achieve balance in your life.
6. Keep your words in good order.
7. Keep your thoughts in good order.
8. Celebrate life!
9. Attune with the cycles of the Earth.
10. Breathe and eat correctly.
11. Exercise the body.
12. Meditate.
13. Honor the Goddess and God.

The power that is in goal setting is amazing. If you do not set goals then what is it you wish to attain in life, and how do you ever expect to attain it with out a plan? The Thirteen Goals of a Witch are simple, and very important in the life of any healthy human. Whether

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Eclectic Solitary Wicca, more Traditional Witchcraft, or even to a Christian the above goals can only help.

These amazing Thirteen Goals of a Witch are from the *book Wicca: A guide for the Solitary Practitioner* by Scott Cunningham © 1988 Llewellyn Worldwide, Ltd. PO Box 64383, St. Paul, MN 55164, All rights reserved.

‘Rede Of The Wicca’

It seems that there is also the ‘Rede of the Wicca’ that is in some circles fairly important so I will share it here as well. This is again, a Wiccan belief. The following is from the no longer published but popular Green Egg magazine, Vol. III. No. 69 (Ostara 1975).

“A hereditary witch from New Haven, Connecticut, Lady Gwen Thomson, of whom was later known as Lady Gwynne, (1928-1986), gave the credit of this ‘Rede Of The Wicca’, to her grandmother, Adriana Porter, on her father’s side.”

Rede Of The Wicca

Being known as the counsel of the Wise Ones:

1. Bide the Wiccan Laws ye must In Perfect Love and Perfect Trust.
2. Live an’ let live - Fairly take an’ fairly give.
3. Cast the Circle thrice about To keep all evil spirits out.
4. To bind the spell every time - Let the spell be spake in rhyme.

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5. Soft of eye an' light of touch - Speak little, listen much.
6. Deosil go by the waxing Moon - Sing and dance the Wiccan rune.
7. Widdershins go when the Moon doth wane, An' the Werewolf howls by the dread Wolfsbane.
8. When the Lady's Moon is new, Kiss thy hand to Her times two.
9. When the Moon rides at Her peak Then your heart's desire seek.
10. Heed the Northwind's mighty gale - Lock the door and drop the sail.
11. When the wind comes from the South, Love will kiss thee on the mouth.
12. When the wind blows from the East, Expect the new and set the feast.
13. When the West wind blows o'er thee, Departed spirits restless be.
14. Nine woods in the Cauldron go - Burn them quick an' burn them slow.
15. Elder be ye Lady's tree - Burn it not or cursed ye'll be.
16. When the Wheel begins to turn - Let the Beltane fires burn.
17. When the Wheel has turned a Yule, Light the Log an' let Pan rule.
18. Heed ye flower bush an' tree - By the Lady Blessèd Be.

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19. Where the rippling waters go Cast a stone an' truth ye'll know.
20. When ye have need, Hearken not to others greed.
21. With the fool no season spend Or be counted as his friend.
22. Merry meet an' merry part - Bright the cheeks an' warm the heart.
23. Mind the Threefold Law ye should - Three times bad an' three times good.
24. When misfortune is enow, Wear the Blue Star on thy brow.
25. True in love ever be Unless thy lover's false to thee.
26. Eight words ye Wiccan Rede fulfill - An' it harm none, Do what ye will.

I don't believe that this is in wide spread circles, however I do believe that it is out there enough to be important enough to be placed in this section for those that want to learn of Wicca and Witchcraft to know. There is another reason that I want this article to be within this book. It appears that this article is claimed to be contributed by a 'Hereditary Witch' and this is something that I want to address in this section on beliefs and ideology.

Hereditary Witch

Is there really such a thing is a hereditary witch? Being a Witch by inheriting it from ones parent or a family member of some sort. Of

course, it is entirely possible that hereditary Witches did and do pass their craft down from ancient time up to modern day, but this is nearly impossible to prove. And as far as documentation goes, there is NO proof what so ever. For one, being a heredity witch nearly seems impossible and according to Phyllis Curott, a Wiccan observation:

“This statement flies in the face of the myth of our origin that many have subscribed to for a long time. There have been some thorough and carefully researched work published recently that challenges the belief that modern Witchcraft is a historically unbroken, organized, hereditary tradition that can be consistently traced back to a golden era of matriarchy and worship of a single Great Goddess. However, there have always been individuals who claim they were initiated in traditions which remain hidden behind veils of secrecy - and there may indeed be hereditary traditions waiting for a safer time to emerge. The fact is that the origins of much of our current practice can be traced back to the creative genius of Gerald Gardner who surfaced publicly in England in the late 1940’s and early 1950’s”

So, as for historical documentation, there is no such thing as an unbroken tradition of Witchcraft. Today’s witchcraft has roots as ancient as the mother earth herself, but for the time being can not be proved. I recommend that we all as individuals must continue to seek the answers and promote tolerance and peace. Maybe, just maybe one day the true hereditary Witches may one day, feel safe enough, secure enough, and free from persecution enough to one day truly step out of

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the 'broom closet' with actual documented proof. Until that time, you must take from the lessons learned here, and through life what you feel are correct.

Is there something in the DNA that makes one a Witch? Is it hereditary? This is something as I have already stated that I have mixed feelings about.

Soul Witch

I think there is something in the *Soul* that makes one a Witch, not in the blood or *DNA* but in the *Soul of a Witch*. So personally, I think that if one *is* born a Witch, it is not via DNA, but through some form of soul recollection that must be admitted to and tapped into and in essence re-learned in many ways by the individual.

I believe that being a Witch is something that is and has been for many lifetimes, something in the Soul, not in the bloodlines, not in the DNA, but something even more subtle, and more infinite - the Soul. So is there a hereditary witch, as I have said, I truly have my doubts to this, but is there something such as a 'Soul Witch' now this is something I am more apt to believe in.

It is so much easier for me to personally believe that the *essence* of a Witch is located in the soul and not the blood. I mean if you look at it realistically, many of us, most of us, I believe, were at one point in time, practicing pagans of one sort or fashion, Pre-Christian in life and in faith, at one time in our incarnations, or even beginnings. The

earth, the very essence of life is pure and natural - nature is only natural- and within us all.

I do want to also add here, that I think it is this '*something*' that is in our souls, or the soul of a Witch that inevitably draws those that have it in their soul to the pagan path sooner or later on some level. I think this might explain why those that are raised in a Christian way, or at least many of those, eventually ask the questions, and doubt the inaccuracies found when dealing with that path. Why they are drawn or compelled to find the answers they seek, answers that are not found in Christianity, but in the older, more earth conscience ways, that of the pagan ways.

I also think that it is this '*something*' that is in the soul of a Witch that causes a tug. When he or she tries to leave or turn their back on the pagan ways it causes that gentle tug that small pull that draws them back to the pagan path once they have walked it they just can not turn their back on it, on magic. It is partially why we have Christian Witches, and a growing pagan community.

Is there such thing as a 'Hereditary' Witch or 'Soul' Witch? This is a decision that you will personally have to reach on your very own in time and with education of the spirit. Find what feels right to you.

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Chapter 8

Ethics and Morals



Ethics and morals, yes they play an important roll in the ideologies and beliefs in Witchcraft, Wicca and that of magic as well. First lets look at what ethics and morals are within Wicca.

You can see within the religion of Wicca, since there is the Wiccan Rede of ‘Harm None’, there is a pretty broad coverage of ethics and morals. It is easy to say that this law pretty much covers much of the dealings with ethics or morals because it is the *law*. We also looked at the ‘Nature of Our Ways’ and the Principles, however there are actually some more guidelines for ethical and moral type issues within the Wiccan belief system.

Many Wiccan Witches are being taught that being a Wiccan means understanding and existing by a certain code of ethics. These ethics are based in a relationship with all things and beings. Wiccans believe that they must weigh their actions in relation to the good of all to the best of their abilities, *for* the good of all. Wiccans are taught to believe, and many do believe, in the “**Law of Three**”.

The Law of Three

The *Law of Three* is a belief that what goes around comes around except in this case it comes around three times more than what started out. So if you do good this means that in some shape, way or form that eventually good will be returned to you in some manner three times? Well some Wiccans believe that the law of three means that what you send out you get back exponentially that what you send out there only three times stronger. Where as other Wiccans believe that you get it back in three different ways. No matter the belief on how it comes back, the fact is that Wiccans believe what you send out is coming back threefold, so you will find that Wiccans tend to err on the side of caution. If, by chance, they did not follow the Wiccan Rede, then they still have to contend with the fact that if they do bad, harm someone, lay a curse, then they are going to get bad back. The harm or negativity will return and that in some manner that curse is going to harm them more, *three times* more, than it harmed the one they cursed!

Responsibility

Now as far as many of those that practices more Traditional Witchcraft, there are no prescribed laws or rules to follow. Each individual Witch must decide what is and what is not right for them to do and not to do, and many have different reasons for the things that

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they will and will not do. So you might say the only true Code of Ethic among those of more Traditional Witchcraft is...***Take responsibility for your own actions.***

I do want to mention that with different covens and family traditions or teachings that there can be rules or guidelines within those teachings, however on a whole there are no laws of witchcraft other then the laws set forth by nature.

Also remember that each individual person will be governed by the manner of life that they have lived or do live. How they were raised, and taught will effect personal ethics and morals on a greater level then any prescribed rules or laws will.

Karma

Wiccans are also taught of an eastern belief called Karma. Karma is the belief that there are reasons for things that happen to us and that we have almost a chain of action, kind of like fate. For example I had a miscarriage when I was 23, some folks could see this is as a form of Karma, that I had to go through that loss that pure hell of losing a my unborn child because of some previous action or destiny. Karma. You have good Karma and bad Karma. If you do good things then you are adding up points on your good Karma side, but if you do bad things then it kind of takes points from your good side. I am not a firm believer in Karma, but that is a choice for each individual to make. I think that there are reasons for many things that take place

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even if we don't know the reason at that point and time. You see if I had carried that baby to term I would have been stuck in a relationship that was not good for me or the guy. Even though both of us are good people we seemed to bring out the worst in each other and even hold each other back from our dreams. So if I had given birth to that precious soul, my life would be totally different then what it is today. And today I am in a wonderful place with a full and healthy life, with so much love and beauty in my life, and yes a beautiful and healthy child. So even if I don't wholly believe in Karma I do believe that there are reasons for things that happen, good and bad.

In the end you and only you can make the decisions on what is right, and what is wrong. However, I want you to know that, from personal experiences of over twenty years of practice and study have at least taught me that there is no clear cut black and white when it comes to personal beliefs, religion, or magic, but there is a whole lot of gray area. You will have to find your personal truth, and truth is something that is truly different to each and every individual.

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Chapter 9

Sacrifices



It only seems fitting that I should discuss something as un-talked about as Sacrifices following the section on ethics and morals. This is something that is not mentioned in most Wiccan oriented books, why, because in most cases sacrifice is looked at as harmful, and this would be essentially going against the Wicca Rede. So why am I including it in this book, because it *is* a part of *Witchcraft*, or at least the Witchcraft of the past, and in some manner of speaking it is also part of Witchcraft today? So, I believe no matter what, there is a time and place, and reason for everything, even sacrifices.

Sacrifices, the mere word kind of brings to mind the old movies where they take the virgin maiden up to the lip of the volcano to toss here in to appease the vicious and hungry fire god right? Or they lay the proverbial virgin down on the stone slab and are about to kill her. Well, that is not what this section is about I want to explain some of the actual sacredness that was involved in sacrifices of the past, and yes in some manner, in some small ways, the present as well.

If you will note I said that there was a sacredness in the sacrifices of the past. The sacrifice was approached in a manner of respect for life, in holding sacred the essence of the Witch or practitioner bonding in a sacred manner with that of the divine. I knew that I was adding this section on sacrifices and had many of my notes together and in order when I was blown away by a post on one of the email list groups I am a member of. A fellow member of this group and a practicing Witch called Griffin summed up the sacredness of the sacrifice and he has given me permission to use it here in my book, so thanks Griffin, and this folks is what he said about sacrifices...

“As I understand it, the key to Sacrifice lays in the word Sacred... to be made Sacred. It is important to approach this practice with reverence and respect. It is a Sacred act, always. And one needs to bring the animal to this Sacred space as well. Then the work truly becomes potent and Sacred though it should come at a personal cost to the Practitioner. There must be union between the Sacrifice and the Practitioner... I have observed much reverence and beauty in the Sacrifice. As in the Hunt when it’s done as a Sacred Mystery. It’s such a misunderstood practice.”

In the past, and most probably if still carried out by covens of today, the sacrifice was and is a most sacred act. It is an offering of something way beyond a mere life to the Divine. For no life is simple and all life is precious, whether it is the life of a cow, deer, or an herb or flower, all life is sacred and precious. With sacrifices of days gone by and of those that take place today you must please understand that

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most probably the life of an animal or plant is not wasted. Not left there to rot away, but most probably treated in the manner that many Native Americans of the past treated the buffalo or any other kills. All parts of the animal were used, the sacrifice of life was not in vain but to show honor, and to ensure the life of another. I doubt that human sacrifices have been made I can not say what took place hundreds of years ago, but I have doubts if there has actually *ever* been human sacrifices in the practice of Witchcraft. But animal sacrifices of many sorts have with out a doubt been made. The cow, or bull, the goats, and a few other animals that are edible such as the pig and more sacred in some manner. There has not been a time in Witchcraft that I know of, or that has even been whispered of, that human infants, precious babes have ever been sacrificed, *never*, that I know of. This is most sacrilegious, when human life is considered so precious and valuable, especially that of a baby, that this would even be thought of much less carried out. However I can not without a doubt say that it never happened, I just don't think it makes sense. Life is so precious especially so to the Witch.

Today there are much different ways to sacrifice or give an offering. I know some Witches that leave a little bowl of milk out each night. I know others that will prick their fingers in a circle and offer a few drops of lifeblood to the earth. At some gatherings a plate of food is contributed to and left a spot at the table as a way of offering. Sexual fluids can are offered by some as a sacrifice, where as others will simply offer flowers. You see a sacrifice is a sacred

offering. Not some sick person that wants to kill and get blood all over their hands. A sacrifice does not have to incorporate the taking of a life either.

I know others that offer tobacco as the Native Americans do. When I did my self-dedication I offered tobacco to the wind in way of an offering. Certain times of the year I will take fruit juice and from a glass pour it onto the earth other times of the year such as Samhain I will offer little gourds or corn.

A sacrifice today is no more then it was in years gone by, an offering to the Gods or Goddesses. However today the sacrifice has been so misunderstood because of slanderous propaganda. It has been taken from sacred to dirty and demonic and soiled in the eyes of non-pagans and this is not the truth of it at all.

Why is sacrifice done or was it done? There is much of folklore that documents this if you want to learn the story of Cerridwen and other Gods and Goddesses and beings in folklore or pagan history. However there were many different uses and settings for sacrifices of old, and even though today, in Witchcraft, there is by far less sacrifices then of old, they are still there just in different manners. Today sacrifices can be used to raise energy and help the focus of practitioner during a ritual. Sacrifices are sometimes also used when dealing with summoning entities and such. What ever the sacrifice and how ever it is offered, it is a part of old Witchcraft, whether it is apart that you practice will be totally up to you.

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Do I personally utilize sacrifices, hmmm? I would have to say only in the manner of offerings such as the tobacco, milk, flowers, acorns, fruit juice and I guess the only body fluid I offer up in a sacrifice would be good ol' sweat from dancing, or moving about. If I felt a real need to reinforce my magic then there could be a time again that I would use my own blood, mere drops. But no, I do not sacrifice any thing other then the life of plants, for ritual or magic, and I do that with respect and reverence to both plant and Creator.

The fact is that sacrifices are a real thing and part of the past of Witchcraft and of the present, at least in some shape or form. It just might not be what you had previously been taught to believe of a sacrifice, never forget that the root of sacrifice is sacred not scared.

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Personal Thoughts and Notes

Chapter 10

Charges of the Gods and Goddesses



What is the Charge of the Goddess, and how did it come about? When you start to do more research or if you have already been researching the ways of Wicca you will surely come across the “Charge of the Goddess” in its original version and now of days possibly in many other versions as well. But where did it come from and what does it mean?

Where the original Charge of the Goddess came from is no big secret - Doreen Valiente wrote the “Charge” as we know it today. The first printed and published version of the original charge can be found in “What Witches Do” By Steward Farrar on pages 172-173.

You will also discover in the book “The Rebirth of Witchcraft” by Doreen Valiente, published by Phoenix Publishing Inc., that it explains just how the Charge of the Goddess came to be written. As for what it means, that is something that you will have to discover. I know that each time I read the Charge it means something new and promising to me, as well as something solid.

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Doreen Valiente may be the one that created the first Charge of the Goddess but sense then there have been other Charges created. I will share those here in this section as well. Please know that each charge will mean something different to each practitioner and whether you practice Wicca or Witchcraft it is valuable in a spiritual manner to know of these charges. The original Charge is a truly beautiful representation of the Goddess and it is a valuable part of the Wiccan heritage.

What follows are the Charges of the Goddess, Dark Goddess, God and Dark God. Read them and really comprehend them, each one is amazing in itself.

The Charge of the Goddess

Written by Doreen Valiente

Listen to the words of the Great Mother, who was of old also called amongst men Artemis, Astarte, Diana, Melusine, Aphrodite, Cerridwen, Dana, Arianrhod, Isis, Bride and by many other names.

At my altars, the youth of most distant ages gave love, and made due sacrifice. Whenever you have need of anything, once in a month, and better it be when the Moon is full, then shall you gather in some secret place and adore the spirit of Me, who am Queen of all Witcheries.

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There shall you assemble ye who are fain to learn all sorcery, yet have not won its deepest secrets; to these will I teach things that are yet unknown. And you shall be free from slavery, and as a sign that you be really free you shall be naked in your rites. And you shall dance, sing, feast, make music and love all in my praise; for mine is the ecstasy of the spirit, and mine also is joy on Earth, for my law is love unto all beings.

Keep pure your highest ideal, strive ever towards it; let naught stop you or turn you aside, for mine is the secret door which opens upon the door of youth. And mine is the cup of the wine of life and the Cauldron of Cerridwen, which is the Holy Grail of Immortality.

I am the gracious Goddess who gives the gift of joy unto the heart of man, upon Earth I give knowledge of the Spirit eternal, and beyond death I give peace and freedom and reunion with those who have gone before; nor do I demand sacrifice, for behold I am the Mother of all living, and my love is poured out upon the Earth. Hear ye the words of the Star Goddess.

She in the dust of whose feet are the hosts of Heaven, whose body encircles the universe. I who am beauty of the green Earth and the white Moon amongst the stars. And the mystery of the waters, and the desire of the heart of man, call unto thy soul. Arise and come unto me, for I am the souls of Nature who gives life to the universe.

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From me all things proceeds, and unto me all things must return. And before my face, beloved of Gods and men, thine inmost divine self shall be enfolded in the rapture of the infinte.

Let my worship be with the heart that rejoices, for behold, all acts of love and pleasure are my rituals. And therefore let there be beauty and strength, power and compassion, honour and humility, mirth and reverence within you.

And you who thinks to seek for me, know thy seeking and yearning shall avail you not, unless you know the mystery, that if that which you seek you find not within thee, you will never find it without thee. Behold I have been with you from the beginning and I am that which is attained at the end of desire.

Doreen's Charge is very powerful and beautiful for Trad Witch or Wiccan alike. The Charge is inspiration for many on many levels.

What follows is the Charge of the Dark Goddess by Lynne O'Connor. She wrote the original version of this Dark Charge to be read in Tawanda's Tribe in 1994 for the Sabbat of Samhain. Originally there were only about a dozen copies of this work that were distributed according to Lynne. You will now find that the Dark Charge graces literally thousands of web sites on the internet and I personally believe that it will be printed in many books to come as time passes and as long as Lynn grants permission. To check out Lynn's site the address is:

<http://www.phatquarters.com/lilithscave/words.html>

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Here is the powerful and wonderful Charge of the Dark
Goddess by Lynn O'Connor.

Charge of the Dark Goddess

(by Lynne O' Connor)

*The Dark Goddess speaks to us,
through the mouths of Lilith, Kali, Tiamet, Hekate,
Nix, the Black Madonna, Nemesis and Morgaine.
I am the Darkness behind and beneath the shadows.
I am the absence of air that awaits at the bottom of every breath.
I am the Ending before Life begins again,
the Decay that fertilizes the Living.
I am the Bottomless Pit,
the never-ending struggle to reclaim that which is denied.
I am the Key that unlocks every Door.
I am the Glory of Discovery,
for I am that which is hidden, secluded and forbidden.
Come to me at the Dark Moon and see that which can not be seen,
face the terror that is yours alone.
Swim to me through the blackest oceans
to the center of your greatest fears-
the Dark God and I will keep you safe.
Scream to us in terror, and yours will be the Power to Forbear.
Think of me when you feel pleasure, and I will intensify it,*

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*until the time when I may have the greatest pleasure
of meeting you at the Crossroads Between the Worlds.*

Charge of the God

Author Unknown

*“And these are the words of Cernunnos, Herne, Atho, Beli, the
voice of the Horned One, He whose names are un-numbered:*

I am the wild hunter of the forest deep

And I am the fire upon the hill

And I am the sower of the seed

And the tiller of the soil of the earth.

And I am the goldern warrior

Whose arrows are the shafts from the sun

The thunder is my hoof fall

The wilderness my shrine.

I weild the oaken staff

The elements at my call

By day am the sun

by night I ride upon the wild winds.

I am a stag, a tree and mountain

My seed within the earth's dark womb

For I am the Horned One;

Sire of the Universe

Love and Consort of the Goddess am I

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*In the wilderness doth my spirit dwell
And all wildlings
And fugitives of oppression
Are cherished within my heart.
To such as thee, my hidden children
Am I provider and protector
For all things wild and free
are in my keeping
And all things of beauty and freedom and love
Are joy unto my spirit;
Siftly I come to meeriment and laughter
for these are my invocations
For I am the Lord of all life
Yet also I have a dark face
For I am Death. The Reaper of Souls.
And terrible is this my dark face
To those who know not the mystery.
Yet to my hidden children
Who know and love my spirit
My dark face is also sweet
For tis the face of deep and hidden wisdom.
For I am the giver of knowledge
Life and death are mine to give
From death thou shalt be reborn
Unto new life and love.*

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Therefor seek my spirit and know me

Bright and dark

Then shalt thou know my mystery

For I am the Ancient One:

My faces outnumber the stars

I am the Horned One of un-numbered names

I am the gentle and the fierce.

I am Cernunnos, Herne, Atho, Belie,

Haro, Crom, the Ancient One

Lord and Sire of the Universe All

This is one variation among many

*Listen to the words of the Dark God, who was of old called Acheron,
Chamer, Anubis, Hades, Mors, Hoder and by many other names.*

*I am the shadow in the bright day. I am the reminder of mortality at
the height of living. I am the never-ending veil of Night where the Star
Goddess dances. I am the Death that must be so that Life may
continue, for behold Life is immortal because the living must die.*

*I am the strength that protects, that limits. I am the power that says
No, No Further, and That Is Enough. I am the things that may not be
spoken of, and I am the laughter at the edge of Death.*

*Come with me into the warm enfolding dark, feel my caresses in the
hands, in the mouth, in the body of one you love and be transformed.*

*Gather in the moonless night and speak in unknown tongues. The
Dark Mother and I will listen. Sing to us and cry out and the Power*

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*will be yours to unfold. Blow me a kiss when the sky is dark, and I will
smile, but no kiss returns for my kiss is the final one for all mortal
flesh.*

And there is always the darker side! Remember darkness is not the equivalent of evil. Darkness and evil are not one and the same thing. I searched long and hard to try to discover the original authors of the Charge of the God and the Dark God, but after many months of searching I have yet to discover anyone that actually knows who the Charge of the God or Dark God are by. So sadly they remain as Author Unknown, but are worthy of sharing here for sure.

Charge of the Dark God

Original Author: Unknown

Listen to the words of the horned God, the guardian of all things wild and free, and Kepper of the Gates of Death, whose Call all must answer:

I am the fire within your heart...The yearning of your Soul. I am the Hunter of Knowledge and the seeker of the Holy Quest; I who stand in the darkness of light; I am He whom you have called Death. I am the consort and Mate of Her we adore, call forth to thee.

Heed my call beloved ones, come unto me and learn the secrets of death and peace. I am the corn at harvest and the fruit on the trees. I

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*am He who leads you home. Scourge and Flame, Blade and Blood
these are mine and gifts to thee.*

*Call unto me in the forest wild and on the hilltop bare and seek
me in the Darkness Bright. I who have been called; Pan, Herne,
Osiris, and hades, speak to thee in thy search. Come dance and sing;
come live and smile, for behold: this is my worship.*

*You are my children and I am thy father. On swift night wings it is
I who lay you at the Mother's feet to be reborn and to return again.
Thou who seek me, know that I am the untamed wind, the fury of
storm and passion in your Soul. Seek me with Pride and Humility, but
seek me best with Love and Strength. For this is my path, and I love
not the weak and fearful. Hear my call on long Winter nights and we
shall stand together guarding Her earth as She sleeps.*

I have included the Charges both light and dark here so that you can get a feel for what it is that we as humans and Witches believe the Gods and Goddesses wish of us. No these were not written by Gods, but by people like you and me that had a connection to the earth, the elements and to the divine that allowed them to place on paper what they felt that the Gods and Goddesses would like for us to know from them. Well this is one way of looking at the Charges. None the less each charge shows the qualities of the Gods and Goddesses in a manner that is understandable and beautiful. I hope that you will find them helpful in your spiritual journeys whether Witch or Wiccan Witch. However the Charges are all pretty much Wiccan in fashion even

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though they incorporate the older gods and goddesses the charges are not considered by more Traditional Witches to be apart of Witchcraft. Beautiful they may be.

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Personal Thoughts and Notes

Chapter 11

Discovering Nature



*I sat by a slow flowing stream today
Surrounded by so much of natures' beauty that I started to pray...
Within a circle of heavens pure light
I felt the kiss from the sun, so bright.
I thanked the Lord for the gift of such a beautiful day
And with great respect I continued to pray.
Dear Lady I thank thee too
For the trees and the water and the earth so true.
I thanked the Lady and the Lord for their time
And for my life my religion and my mind.
I sat by a slow flowing stream today
Surrounded by so much of natures beauty
And I finished what I had to say
And knew that my Lady and Lord from above
Filled my soul with their blessings and love.*

- Shewolf Silver Shadows 10-30-2000

Shewolf Silver Shadows

I wrote this poem back in 2000. I was lucky enough to grow up in the country surrounded by nature and all its beauty and I had lived in the city long enough to fully appreciate the country once we got there! It would be lovely if everyone could take the time to sit by a slow flowing stream and feel the sun and the breeze, but that is not possible for *everyone*. So many people live in large towns, or even huge cities where sometimes just to find a spot of grass and a tree is actually hard to accomplish, much less a spot to discover peace and tranquility. However, we are all truly surrounded by nature in different ways it is simply opening ones self to nature, feeling it and knowing it.

You may ask why is discovering nature important to Wicca or Witchcraft. Nature is *important* to *all* pagan religions and paths in some way or another. Nature is truly the *essence* of our religion, the very soul and breath of our religion or way of life. Witchcraft is a way of life that has its very foundations rooted deep within the earth and the mysteries of mother natures Herself. Wicca *is* a 'Nature Religion'. Everything that is Witchcraft or Wicca is in some manner, dealing with or part of nature when it comes to our religion or way of life whether it is Witchcraft or Wicca, religion or way of life it is still the very essences of the pagan practice.

I will not go into physics here but to break nature down to a simple level you will find things called cells, atoms, neutrons, protons and electrons and these things are moving, swapping, changing and exchanging parts, and bumping into each other all of the time. This moving and bumping creates a vibration at even the smallest level,

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and vibration is equivalent to energy! Energy that we can draw on, feel and share as well as return to the environment around us.

Scientists have discovered that there is a vibration even in the blood of humans. Vibrations, or energies that we can all draw upon, energies that you will soon learn to attune yourself to. There is a multitude of vibrations surrounding all of us. These vibrations or energies are all part of the whole, and separate at the same time. There is a group of Witches that call themselves “Mesh Witches” and their concept is that all things are connected. “What is The Mesh? The Mesh is everything. It is all around us. It is inside of us. The Mesh is us. We are The Mesh.”

I think I read an Anne Rice book one time, one of the Vampire Chronicles or Witching hour set, and it mentioned in the end of that book about a net, an infinite net, that covers everything and connects everything, all things big and small. Like a huge invisible spider web that connects all things and this net was pulsing with energies and life. Perhaps this net is really there, tying us all together and tying us all to nature, to magic, to the divine? Maybe this net is apart of all of us and we are all apart of it, being that we are all apart of the whole. It is something to think about, a net of life, or vibrations, or creations?

Whether these vibrations are part of a net or spirit or science it probably does not matter, what matters is that you learn to discover these energies. But first you need to know where to look for those energies right?

Nature and the energies within nature are all around you literally! The air you breath, the water you drink and bath in, the ground you walk upon be it concrete or packed earth there is energy with in it. The desk that holds your computer, is it made of wood, or wood particles? It may be changed and reshaped but even then it still has energies!

Discover the Elements

Earth, Air, Fire, and Water these are the elements of the Craft and Wicca - of all Nature Religions and there is sometimes a fifth element called Akasha or Spirit. In this section what I want is you to start becoming aware of the nature around you - in touch with the energy that flows around you, within you and is a part of you. Earth, Air, Fire, and Water and *You*! There is much that is made up of these simple things. You will learn more about the magical side of these elements in future sections.

I want you to physically, mentally and spiritually try to discover these things, the Earth, the Air, Water and Fire as well. This section is going to be a little more hands on then the previous chapters because now you are getting into the practice and the understanding of, the very foundation of Witchcraft and Wicca as well. The suggestions I will make here for you to discover nature; to get in touch with the elements will be either up to you to try or to ignore. Each of these

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suggestions or lessons may take you several days to complete, take your time, and truly experience the elements!

Remember that all of the Elements can be very helpful or very dangerous. Rain is lovely, but floods are devastating. Lighting is beautiful fire in the sky, pure electricity, but a forest fire is not so lovely, nor is a deadly bolt of electricity flashing through your body. A mountain is very beautiful covered in snow, but an avalanche or a mudslide caused by melting snow is not so lovely. A gentle breeze on a spring day is so amazing, but a tornado is deadly, amazing yes, but devastatingly so.

In the lessons that go with this chapter, I want you to really look at, touch, taste, feel, smell, experience these elements in a safe way, and become aware, on a different level than you have been aware thus far, of the nature around you, that is apart of you.

If you work outside, take in the elements around you, the trees, the sound of birds, the breeze on your skin, if you work inside, are there any plants near you, in your building, on your way to work? Take notice - become aware of the nature around you. What color was the sky today? Did you see the sun rise, or set? Did a raindrop fall on your car windshield and did you just swish it away or look at it? If you were driving I hope you just swished it away (smile), but if you were stopped I hope you took a couple of seconds to look at it and really see it. Did a big fluffy snowflake fall in front of you today? Did you look at it and really see it or just keep on your way? Did you step out in the sun today? Was it a gentle warmth on your skin or was it

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really hot where the sun's rays touched your skin? Was there a breeze; was there any scents in the air? Did you even take time to notice?

You need to start paying attention the world around you, so much magic right at your fingertips! City or country - nature truly is all around you. Let's start discovering it!

The Human Body, Your body

To become in-touch and in-tune with the nature around you, you first need to become in-touch with the nature within you. You need to become familiar with your own body. This is not a hard thing to do, I mean it is with you where ever you go; your body is a very large part of who and what you are.

Get to know your body if you do not already. Look at your hand and really see it! Look at the tiny lines that criss and cross that make up the texture of your skin. Are there fine hairs on the back of your hand or scars maybe? Do you have long finger nails, short? Is there dirt under them or paint on them? Here are a few exercises for you to try if you want to help you start discovering your body and your own personal energies.

Can you describe five different textures, by texture I mean smooth, soft, rough etc., on your body and what it causes this texture? Also try to explain what you feel causes these textures.

Put your hands together palm to palm and hold them for the count of thirty. Describe the sensations you felt with your palms together

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and what you felt as soon as you moved them away from each other. Did you feel heat? Did you feel a breeze when you moved your palms away from each other? What?

Hold your hands close to each other palm to palm but about a half an inch apart - what do you feel in between your hands? Describe it.

Sit down in a comfortable chair, close your eyes and feel every place that the chair and your body comes into contact. Describe what your body feels like in the chair.

Stand up straight, take a deep breath, extend your arms above your head and reach as far as you can towards the ceiling. How many muscles did you feel pulling, moving, where? Describe it.

Describe the temperature of the room that you are in right now, and how this affects your body.

All of these different things can help you to start learning about your own body and energies, and it is important to know yourself in order to know your own abilities and limitations, your own personal magic.

You need to start becoming aware if you are not already, about how things affect you, your energies and your body. Do this by taken the time to get to know your own body, and the elements around you in detail, intimately.

Let's move on to the rest of the elements found with in nature; Earth, Air, Fire and Water.

The Elements

Earth, Air, Fire and Water before we go into detail on each element I hope that you will take a little time to get to know each element on a personal level. How do you do this? What follows are some more exercises you might try to get to know the elements a little better as well as info on each. Another thing I want you to understand is that in the past, as recently as seventy to one hundred years ago these lessons or suggestions that follow to help you get in touch with the Earth and elements would not have been *necessary*. It has only been in more recent years that humans have lost touch with the Earth and the elements. Before the industrial revolution we used to by necessity be in touch with the elements because we were exposed to them every day in many ways. Gardening so there would be food, pumping water from a well or fetching it from the creek, walking or riding on a horse to and from the places that we went to. And even the ride on the horse to and from would expose one to the elements, sun, rain, hot, cold. But today we hop in a climate-controlled car, or jump on the tube or subway, and pay little attention to the world around us. So eventually many of us find that we need to attune or re-attune ourselves to the elements. And so we have this chapter for guidance in that.

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Earth

The Earth bares your foot prints day in and day out, you drive on it, you walk on it, you can not get from point a to point b with out coming into contact with it. Here are a few suggestions to help you discover the element of earth.

Find a tree, big or small, indoors or out and describe it in great detail from the dirt that it lives in to leaves upon it.

Find a rock or pebble and describe it in great detail, what is it shaped like, what is the texture, does it have a smell, color, how big or small is it, does it become warm in your hand, really describe it.

Buy yourself a rose, or a flower, or if it is the time of year that you can go out and pick one, with thanks, pick it. Then I want you to in great detail describe the flower, smell, texture, colors, are there any tiny bugs on it, I want you to really look at that flower like you have never done so before and describe it!

Walk outside your home, where ever it is you live, during the day and look on the walls or the walk, or any bushes that may be growing near it, and see if you can find bugs! Yes bugs, do not catch them, or touch them...just look at them, is there many of them? Do you know what kind they are? Are there different kinds? Describe your awareness of bugs on this day!

What does Earth mean to you? The flowers, dirt, rocks concrete - yes concrete is earth, it comes from sand, and gravel and is laid right

on top of the ground, and the Earth becomes part of it and it is part of the Earth, what does the earth mean to you?

These above suggestions can teach you to start seeing with more than just your eyes! To become aware that there is much more than meets the eye. Now, what follows is information that is good for all witches to know.

The Earth is what we live upon, with out it, where would we be? We build our homes on the earth from things we take and create from the earth, brick is made form clay, dirt, and sands taken from the earth and fired in a kiln, trees cut down and planed are part of our homes. We plant our seeds in the earth, grow food to sustain our bodies and our animals as well. Every thing we do is on the earth. We eat, sleep, live and breathe on the earth, because of the earth, and with the earth.

Today pagans and non-pagans alike consider the earth feminine. The Earth is often refereed to as 'Mother Earth'. This is most likely due to the fact that so much life comes from the Earth, almost as if the earth gives birth to the seeds planted with in it. However in ancient times there were some pagan religions that believed the Earth was Masculine, most likely due to the fact that the earth is very solid, sturdy among other reasons we may never know.

For the sake of this book, and because my personal belief is that the Earth is both feminine and masculine, but more so feminine, and because the majority of the pagan community considers the Earth as feminine we shall refer to the element of Earth as feminine.

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The basic things you need to know about the element of Earth are simple if you think of them as being *part* of the *whole*.

You will find the Earth element is usually associated with the cardinal direction of North. When you think of the Earth you can easily associate North and Earth as being the quarter of strength, stability, courage, slow change, and sometimes coldness.

The Earth element is also good for grounding when you seem flighty or shaken or even a little out of control of things.

The element of Earth is sometimes depicted as a triangle facing point down, with a line horizontally through the middle. It is located on the pentacle at the bottom left point and the Earth element is usually associated with the color Green, or Brown or any earth tone colors.

Basic associations of the Earth Element

You will find that the following knowledge is in print in many Wiccan books, but the following basic associations are also pretty accurate for the practice of the Craft as well however from family trad to family trad and Wiccan Tradition to Wiccan Tradition there could be small variations. Remember this is just a guide.

Zodiac signs of: Taurus, Virgo, and Capricorn.

Season: Winter

Direction: North

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Time: Night

Magickal Tool: Pentacle

Point in Life: Advanced Age, Crone.

Natural Symbols: Salt, clay dish of fresh soil, rocks, stalks of wheat, acorns.

Types of Magick Ruled: Gardening, magnet, image, stone, tree, knot, and binding.

Basic Nature: Fertile, moist, nurturing; stabilizing; grounding.

Type of Energy: Receptive

Color: Green or Brown

Places: Caves, canyons, forests, groves, valleys, fields, farms, gardens, greenhouse, parks, plant nurseries, farmers markets, kitchens, baby nurseries, basements, mines and holes.

Rituals: Money, prosperity, fertility, stability, grounding, and employment.

Ritual Forms: making images in soil or sand, burying, or planting.

Herbs: Earth-smelling plants such as patchouli and sage; mosses and lichens; nuts; dry and stiff plants; heavy, low growing plants; deep rooted plants, like trees and roots.

Stones: Heavy or opaque, as in coal as well as green like found in emeralds and Peridot.

Metals: Iron, lead.

Musical Instrument: Drums, All percussion.

Creatures: Horse, Dog, earthworm, gopher, ant, cow and burrowing animals and bugs.

Sense: Touch

Now that you know the basic associations of the Earth Element you can incorporate this element into your rituals, prayers, and many levels of Magic! What I want you to always remember is that each element deserves great respect. You do not summon an element or an elemental in basic magic you invite this element into your ritual and circles. Always respect each element and the power found within them. The element of earth is most often a caring and gentle but strong and firm element, however do not let the element deceive you either, for earthquakes, mud slides, and even erosion can be deadly. There are always two sides to a coin!

Air

Air is something is such apart of your world that is so easy to forget about, but so needed for the simple basic survival of mankind. So how do you get to know the element of Air? Here are a few suggestions.

There is Air all around you right this moment, you breath it, you exhale it, you walk through it you can not see it, but it is there. Describe Air.

Describe the forces of air and how they make you feel, for example it is a warm sunny day and is there a gentle breeze, or is

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there a tornado destroying the homes near where you live. Describe the many facets of Air, and how it makes you feel.

Walk outside today, what is the Air like? Are there any scents or bad smells carried on the Air that you can detect?

Next we have the element of Air, it is just as important as the element of Earth, for without either we would not be able to exist. Air is such a large part of our lives, and is probably the least thought of element in our day to day lives. You see the earth we live and breathe on each day when you go to work or school, you can physically see the trees, the flowers and the surface you walk and drive upon, but you most often do not see the Air. Air is invisible. Even polluted Air tends to be invisible to the eye. For when you live in an area the pollution and how it makes the Air appear is still invisible because you become used to the way things look.

The element of Air is most often associated with the cardinal direction of East and most often associated with the color Yellow. It is located on the pentacle at the top left point. You will find that this is the quarter change-ability, of intelligence, and other matters of the mind. The element of Air is good for improving memory, finding and creating solutions to problems. The element of Air is sometimes depicted as a triangle facing point up with a line horizontally through the middle.

Basic associations of the Air Element

Zodiac Signs of: Gemini, Libra, and Aquarius.

Season: Spring.

Direction: East

Time: Dawn

Magickal Tool: Wand

Point in Life: Infancy

Natural Symbols: A feather, incense smoke, fragrant flowers

Types of Magick Ruled: Divination, concentration, visualization and wind magick.

Basic Nature: Flying, moving, intelligent, suspending fresh, fluttery. Sound is manifested from this element.

Type of Energy: Projective

Color: Yellow (the yellow of the sun, the sky at dawn)

Places: Wind-swept plains, mountain-tops, cloudy skies, airports, towers, schools, libraries, places of learning, offices, travel agencies, psychiatrists office.

Rituals: Instruction, study, freedom, knowledge, recovering lost items and travel.

Ritual Forms: Visualization and positive aspects of thinking, blowing breath, fanning light object to make them float on the wind or tossing objects into the air. Suspending tools in high places.

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Herbs: Fragrant such as flowers with light airy scents or pungent, as in culinary herbs such as dill; **airy, finely veined, or windswept; generally leaves.**

Stones: Light stones, such as pumice or transparent stones such as mica.

Metals: Tin, copper.

Musical Instrument: Flute, all wind instruments.

Creatures: Most birds and winged insects, spider.

Sense: Hearing, smell

Now that you know the basic associations of the Air Element you can incorporate this element into your rituals, prayers, and many levels of Magic! Always remember that each element deserves great respect they can be gentle and life giving or harsh and life threatening. In more Traditional Witchcraft the elements are important, but only insofar as their connection to the earth, and to Self, whereas in Wicca, the Elements are incorporated into the creating of the Magic or Spiritual Circle. In Wiccan the elements are called, this is not so common in older Witchcraft. Circles were a lot simpler, but we will go into that in the section on Circles.

Please remember that you do *not* summon an element or an elemental in basic magic you invite this element into your ritual and circles. Always respect each element and the power found within them. The element of Air is most often a soft, enveloping and gentle but steady and unpredictable. However, do not let the element deceive

you either, for tornadoes, sandstorms, and strong winds in general can be very damaging and deadly. There are always two sides to a coin!

Fire

Fire is a very primal element it can do much damage and destruction or help to create such amazing beauty. To discover the element of fire I do recommend that you use caution in doing so. Fire is very beautiful but very dangerous. To discover the element of fire here are a few suggestions.

Get a candle and in a Fire safe holder light it and sit and look at the flame, don't stare at it continuously, but look at it and observe it. Describe Fire.

Think about the power of Fire and what it means to you? A raging forest fire or a little cozy fire in the fireplace to snuggle up to and the powers within the two, how does each make you feel? What does the element of Fire mean to you personally? Fire, just the mere mention of this element can conjure up many thoughts. This is most often an element that is *not* taken for granted because we so very often see the devastating power in this element. Forest fires and house fires are things we see almost daily on the news. Fire is not as detrimental to our survival as is the earth and the air but Fire is still very important in this day and age for we cook with it and we heat with it. It has become an essential element in our basic human comfort.

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Fire is most often associated with the cardinal direction of South. Fire is usually associated with the color red and is located on the pentacle at the bottom right point. The element of Fire is sometimes depicted as a triangle facing point up.

Found in the quarter that is associated with passion, love, sex, energy, and light. To some it may also represent freedom, joy, hate, independence, and purity. Fire is excellent for cleansing yourself of unwanted emotions. It is also good for bringing out your innate joy in life, and passion for living.

Basic associations of the Fire Element

Zodiac Signs: Aries, Leo, and Sagittarius.

Season: Summer.

Direction: South

Time: Noon

Magickal Tool: Knife

Point in Life: Youth

Natural Symbols: Flame, lava, and a heated object.

Types of Magic Ruled: Candle, storm, time and star.

Basic Nature: Destructive, purifying, cleansing, energetic, sexual, and forceful. Heat is a physical manifestation of this element.

Type of Energy: Projective

Color: Red or darker shades of orange

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Places: Fireplaces, deserts, Hot Springs, volcanoes, ovens, bedrooms, weight rooms, locker rooms, saunas, and athletic fields.

Rituals: Protection, courage, sex, energy, strength, authority, and banishing negativity.

Ritual Forms: Burning or smoldering; heating.

Herbs: Chili peppers and bougainvillea, Stinging, thorny or hot; as thistles, desert dwelling, as cacti; stimulating, as coffee beans; generally seeds.

Stones: Red or fiery, as in jasper; volcanic, as in lava; clear, as in quartz crystal.

Metals: gold, brass.

Musical Instrument: Guitar, all stringed instruments.

Creatures: Bees and Wasp, scorpion, ladybug Snake, cricket, lizard, praying mantis and sometimes shark.

Sense: Sight

Water

Water is just as important to us as is the Earth we walk on, the Air we breathe and the Fire we warm ourselves with for we need it for our basic survival. Water covers a large portion of our earth not to mention our own human bodies are made up of much fluid, that is susceptible to the same forces of nature as basic Water is. Water is in the air we breathe, it is in the plants we grow and eat and even in the animals that daily give their lives for us to eat. Water is all around us

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not only in the rain and rivers and lakes and oceans. What follows are a few suggestions on how to discover the element of Water.

Fill a glass up with Water, sit down and look at it, discover it... feel it, smell it, taste it. Describe this Water.

When you take a bath, if you normally take a shower, please this once if you can, take a bath. Fill the tub up with a large amount of comfortable temperature Water and sit down in it. Feel it wrap around your body. How does it change your body? While sitting up move your hands in the water in front of you, really *feel* the Water. Lift your hands out of the Water and feel it running off of you, what do you *feel* as soon as your hands leave the Water, describe it.

This time I want you to take a shower...describe how the Water *feels*. How is it different then the standing Water in the bath? How does it feel when you move your hands through the spray?

If you wanted to relax, feel at peace, which Water is more peaceful, the shower or the bath? Why? Remember that this is personal opinion, your preference.

Depending on the time of year and your location you may have to describe this from memory. After it rains, gentle rain shower - describe the smells of the air, the feel of the environment around you. Who do you feel?

After it storms, thunder and lightning, heavy rain, lots of wind...how do you feel, describe it. What does the environment around you feel like while the storm is going on and after the storm has passed? Describe what water feels like to you.

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The element of water is most often associated with the cardinal direction of West. Water is usually associated with the color blue. It is located on the pentacle at the top right point. The element of Water is sometimes depicted as a triangle facing point down. Water is most often associated with emotion, intuition, and ‘oneness’. Wonderful to use if you wish to look deeper into you’re own personal psyche and self to discover the ebbs and flows of your mind. I am personally a water sign, and I must say that water has a different pull on me and my emotions and senses then any other element.

Basic associations of the element of Water

Zodiac Signs: Cancer, Scorpio, Pisces,

Season: Autumn

Direction: West

Time: Dusk

Magickal Tool: Cup, the cauldron.

Point in Life: Maturity

Natural Symbols: Shells, cup of water.

Types of Magick Ruled: Sea, ice, snow, fog, mirror, magnet.

Creatures: Cat, frog, turtle, dolphin, whale, otter, seal, dugong like sea cows, most fish and shellfish.

Basic Nature: Flowing, purifying, healing, soothing and loving.

Type of Energy: Receptive

Color: Blue

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Places: Lakes, springs, streams, rivers, beaches, oceans, wells, swimming pools, bathtubs, showers, bedrooms (for sleep) health spas, steam rooms, fountains,

Rituals: Purification, love, psychic awareness, dreams, sleep, marriage, friendships.

Ritual Forms: Dilution, placing into water, washing away, bathing.

Herbs: Ones that contain lots of moisture or are aquatic, such as water lilies and seaweed; fleshy as in succulents and lettuce. Rose and gardenia; generally flowers.

Stones: Blue stones such as in blue tourmaline, transparent or translucent, as in amethyst and aquamarine

Metals: Mercury, silver, copper.

Musical Instrument: Cymbal, bell; all resonant metals.

Sense: Taste

Now that you know the basic associations of the Water Element you can incorporate this element into your rituals, prayers, and many levels of Magick! What I want you to always remember is that each element deserves great respect. You do NOT summon an element or an elemental in *basic* magick you invite this element into your ritual and circles. Always respect each element and the power found within them. The element of Water is most often a caring and gentle one that nourishes life, however do not let the element deceive you either, for floods, tidal waves/tsunami and torrential down pours can be deadly. There are always two sides to a coin!

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Remember that all of the elements can be very helpful or very dangerous. Rain is lovely and cleansing, but floods are devastating. Lighting is beautiful and filled with energy, but a forest fire is not so lovely. A mountain is very beautiful covered in snow, but a mudslide is not so lovely. A gentle breeze on a spring day is so amazing, but a tornado is deadly and just as amazing.

Remember to respect each element, understand each element to your best ability- by learning all you can about each one, and never toy with the elements. However what you do want to do is to try to attune yourself to and with the elements around you, become part of the magick and energies as they become part of you - you will discover a part of yourself you may have never known existed before.

Scott Cunningham wrote in his book entitled 'Earth Power' - "Attuning and working with these energies in magic not only lends you the power to affect dramatic changes in your life, it also allows you to sense your own place in the larger scheme of Nature." And Scott Cunningham is one of the most amazing pagans I believe to have lived in my own lifetime. He gifted the pagan world with very much before he passed from this plane.

Elementals

Ok, in the many books and web sites out there today often when you speak of the "Elements" you will also hear of the *Elementals*. So what is an **Elemental**? Easy, an Elemental is simply each element that

is *personified*. To *personify* means giving human qualities like love and hate, and kindness, human attributes. It also means human qualities, strengths and weaknesses as well. If you believe that every thing on this planet has a soul, a spirit, in energy such as rocks, trees, animals, and humans, then it would be conceivable to believe that each element *also* has a spirit? Thus becoming an Elemental, you can summon an Elemental, but it is kinder to ask them to help or aid in your ritual or mission. However don't get me wrong there will come a time, if you practice any thing more the basic magic that you will summon, but you need to reach that level and this book is for those that are pretty much new to Witchcraft, Wicca and magic. If you are new to magic there is much to learn before you take on any types of higher magic. So use your head, and your heart when dealing with the elements and elementals.

Elementals are by some considered to be Nature Spirits, not just the Elements personified. This is something you will have to decide. Personally I deal with actual elements most of the time. Elementals are of a lower type of nature spirit and are not something that you can easily control, not to mention they often like to play, and especially when dealing with magic, you don't want to play around. The Elementals and correspondences follow.

- ❖ **Earth:** equals the Gnomes and are ruled by the angel Ariel.
- ❖ **Air:** equals the Sylphs, which are ruled by Cherubs.
- ❖ **Water:** equals the Undines that are ruled by Tharsis.

❖ **Fire:** equals the Salamanders, ruled by Seraph.

There are also a few other elementals included in some folklore and magic as well. These elementals are elves, goblins, brownies and many more even. Whole books could be and have been written on the Elementals and fairies and such. Demonology also has elementals of such, one such elemental is considered to be the succubi. This section is only to make you aware of the Elementals and give you a general understanding of them.

The only other thing that I wish to share with you about the Elementals is that they are thought to be governed by higher spirits such as archangels or devas. In many Wiccan practices you will hear of ‘Calling the Watch Towers’ or ‘Calling the Guardians’, well this is simply the calling of elementals.

The Moon

*Silver rays caress her skin as she sways to the rhythms of nature and
of the night*

*Round and round within the circle cast she dances and undulates first
left then right.*

*She moves to the secret dance that fills her soul - to a secret tune
A dance that is at one with nature, that is her souls own reflection of
the Moon.*

When you think of Witchcraft or Wicca you often think of the Witching hour, and a full moon. Why is the moon so important in the mysterious workings of the Craft, or Wicca, or even magic? Well, let us look at this. Scientist have proven that the moon has a profound effect on the earth, on the waters or our oceans, the turns of the tide, but why is it important to Witchcraft or magic? If the moon can scientifically be proven to have a serious effect on the earth and the waters upon it then how can it not have an affect on us as well? Humans are made up of a lot of liquid, you know blood, and other body fluids, then why would we not think that the moon would have a astonishing effect on us as well? That is only a small part of why the moon is so important to witches a part that many witches do not even realize.

The moon is mainly so important to the Craft and also Wicca because of what it represents, the Goddess in all her many guises and phases. The Goddess is a major aspect in Witchcraft and Wicca, and even in some magic. However the affects of the moon on the physical world is also in part why it is important to the Craft Wicca and especially all forms of magic. When you discover the sections on the Goddesses and on magic you will see more clearly why the moon is such an important aspect to High Magic, the Craft and Wicca.

In Wicca there is a time set aside for celebration and magic dealing with the moon, these days are called Esbats and are on the day or night of the full of the moon. There are also new moon celebrations as well.

Full Moon

The time of the ***full moon*** is a good time to do magic that its intent is to protect, heal or divine. You can also get rid of unwanted influences, in essence, banish something. A bad habit, or desire for something that can cause you harm in the long run can be banished or sent away during the full moon. I am unsure if this is wholly believed in Wicca, but actually the day before, the day of, and the day after the full moon are all very powerful working days for magic.

Waxing Moon

The time of the moon from new moon to full moon is called the ***waxing moon***. This is a time that is good for drawing things, growing things, starting new ventures and healing things that are not growths such as cancer and tumors.

Waning Moon

The time from the full of the moon to the dark of the moon is considered to be the ***waning moon***. This is the time that you want to banish, send away or get rid of things. Great time for working magic that deals with cancer or growths as well.

The dark of the moon, there are some witches that will say not to do any sort of magic during the dark of the moon, this will be up to you. If you need to perform magic during the dark of the moon do so, thing is - if the moon is dark in your neck of the woods it is probably full in a different neck of the woods on the other side of the earth right. Moon magic is just like tools, it is only there to help, or to enhance it does not actually do the magic that is something that the practitioner does.

Blue Moon

There is also the *blue moon* a powerful working in the magic cycles as well. A blue moon happens because the moon is full every 28 days, and every now and again due to the fact that some months have different amounts of days you may find that a month that has 31 days in it may have two full moons in that month. The second full moon in one calendar month is considered a *blue moon*. A blue moon is a wonderful time to do extra healings, and also for things that are more personal to you. If you have a specific desire, or need this would be a good time to perform magic for your own wants and goals.

There is much emphasis on the phases of the moon for magic. The thing is if you want to do a healing or banish a bad habit, or bind a person from doing harm and it is not the right phase of the moon, or time of day then you need to stop and see what is more important. Is the action you need to take care of like a healing or binding or

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whatever is it really important? Then do not worry about what day of the week, phase of the moon or other little things, magic works any time no matter time or phase of the moon. Often the phase of the moon may *aid* in your magical working but not so much that you just have to wait until that phase.

The Sun

*The sultry caress of the Sun's golden rays upon his skin warm him
and fires his blood.*

*He feels the power the sheer strength from the suns burning rays
Heart pounding the drumming starts in his soul and moves like a
raging flood*

*Causing him to stomp and move in the leaps and bounds of as if a
child at play*

The sun is a very powerful and life giving essence. With in the religion of Wicca I all too often see the sun taking a back seat to the moon in essence the balance is being lost. The sun is just as important as the moon in the workings of the Craft.

Yes according to lore it is the Goddess that gives life to the God, but what would the Goddesses have been with out the God? What would this earth and all of the balance of nature be, without the God. We have need for Goddess and God, Moon and Sun, not only half this or that, not if balance is to be obtained.

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If you need to look at the sun as the moon in terms of magic, the moon waxes and wanes in a cycle of 30 days, well the sun in a manner waxes and wanes ever day. You have sun rise, the height of the sun and sun set, there is also this very magical time of dusk, not quite night, yet neither quiet day.

The sun also has its times of strength and of weaknesses. During the winter the sun is no where near as strong as during the summer. And if you ever pay attention to the sun in the spring and the fall there is a difference as well.

If you want to do magic with the sun then the time of the sun from sunrise to noon, or to the height of the sun is a time that is good for drawing things, growing things, starting new ventures and healing things that are not growths such as cancer and tumors.

When the sun is straight up in the sky it can be looked at in the manner of a full moon, the height of its power a good time of day to do magic that its intent is to protect, heal or divine.

When the sun is going from its peak toward sunset this is the time that you want to banish, send away or get rid of things. Great time for working magic that deals with cancer or growths as well.

There is also a special time when the sun has gone down, but it is not yet dark nor is it fully light the time of dusk. This is a very powerful and magical time as well. And I personally have found that if you want to summon, or if you want to find answers through divination that this is a really good time to do this.

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The sun is a very important aspect in the circle of life. Without the life giving rays of the sun many plants would not be able to grow. It has been psychologically proven that the sun in moderation is also healthy for animals and humans alike.

The sun in Wicca and in aspects of the Craft as well is a representation of the Gods. I do hope that you will find that the sun is important in the scheme of things. Balance is truly a wonderful thing. To over look the sun and all its powers because the powers of the moon are so talked about is a sad thing. So I hope that this helps to discover that there is importance in the sun as well as the moon.

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Personal Thoughts and Notes

Chapter 12

Understanding Religion



I think that at some point in time you have to discover an understanding the basic foundations or concepts of other religions to understand your own religion and how it differs from others. I also feel that you need a general understanding as to why some people are drawn to certain paths while others are drawn to different ones. So let us take a look at why folks seem to be drawn to Witchcraft and Wicca and then we will look at the different ways of worship. Ignorance is not bliss. It is always helpful for a solid foundation of a balanced witch to learn as much as he or she can.

Why are people drawn to Witchcraft and Wicca?

It is my personal opinion that many people are drawn to this type path, that of Witchcraft and Wicca for several basic reasons: one, being that the mystery that has shrouded and surrounded the Craft for centuries draws the curious, always has and always will. Two, there is no doubt that *some* are drawn to this path because they feel they will

gain ‘*magical powers over others*’ or be able to ‘*bend others to their will*’. So, yes, some are drawn because of selfish or self serving reasons - darker reason, that are also a side of the Craft, and harsh and dangerous side, but it is not part of the religious beauty of the craft, and it will never be a part of today’s Wicca either. The third reason would be that many are drawn to this type path is because those most ancient pagan religions had the ***duality*** of both God and Goddess, in essence, a *balance* that is not offered in more stoic religions.

I also feel that many are drawn to this path because they have a *choice* of which deities, or Gods and Goddesses that they will follow, or work with, or worship, or no deities at all. That freedom of choice is also a very powerful thing in religion of any path. Even those that are raised or taught in a more Traditional Witchcraft manner still have a choice of deities.

I did practice the Christian religion for many, many years, and to this very day I still find it a very beautiful and rewarding religion. However as a Christian I was always missing something, the *balance*. Christianity is a very male oriented and dominated religion. Don’t get me wrong there is feminism in Christianity and there are important female aspects in that religion as well, but the balance was not there for me and I think that balance is needed - personal opinion.

Now I have witnessed that many Wiccan Covens and practitioners worship the feminine almost to the *exclusion* of the masculine - again, it is my personal opinion that balance is needed. When a coven or circle or individual focuses mostly or even solely on the female or

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male aspects of divine they are loosing the balance and they are cheating themselves of the amazing wholeness that both a God and a Goddess often provide. But, that is something you will have to discover on your own, what feels right and works best for you, a decision you will have to make on your own, in time, as your spirit grows. It is not something for me to tell you to believe or not to believe one way or another. I personally feel the need for Male and Female, God and Goddess in my magic and my healing, and my worship as well. That is the balance of nature. There is a male and female for most everything in nature, so it is within my own worship - *Balance*.

I know that some Witches do not even worship a God or Goddess per say, what they do is actually call upon their Ancestors to help and to protect, and for knowledge or wisdom they seek.

I know that some Witches never name their God's or Goddesses but instead call them Lady and Lord. This is most often a Wiccan practice, but can be for those that have converted from Christianity as well.

There are those Witches that discover a certain set of traditional Gods and Goddesses such as the Greek, or the Celtic, or the Norse deities and they will only use those specific deities.

Then there are those Witches that will mix and match Gods and Goddesses, use which ones they feel fit their needs at the time of need. Then there are those that feel that *all* of nature is divine.

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I will not tell you *what* to believe or do here. It is up to you to decide what works best for you. To discover which deities or aspects are right for you. What I will teach you here are some basic beliefs but *not* what to believe...that is up to each individual that discovers this book and reads it and even time will shape that!

I do want you to know that it is mostly a Wiccan concept to mix and match deities. In more Traditional Witchcraft a practitioner or coven works most often with the Gods and Goddesses of that area, or land. Or they will learn of and teach only of one set of Gods and Goddesses. I also am under the impression that you can take your Gods and Goddesses with you from one land to another if you wish or you could adopt the Gods and Goddesses of the land you have migrated to.

Belief Systems

Let us take a closer look at different belief systems so that we might understand the ways and why's of religion to a degree. What is the belief system of one form of religion or belief system and what makes them different?

There are pretty much four forms of belief systems and most religions can fit into one form or another. These forms are ***Monotheism, Polytheism, Pantheism, and Animism.***

What is Monotheism?

Monotheism is simply the belief in a single deity. Christianity is the most popular form of Monotheism today. There is no documentation that clearly shows when this particular belief system first appeared in history. However it is believed to have originated in the Middle East, in an area known as Mesopotamia. Fact is it could have been around since the beginning of time, there is just not proof one way or another.

Judaism, Christianity and Islam are monotheistic religions that can trace their ancestry back to Abraham, who came from the Mesopotamia area. Nothing has been documented previous to this time. Please note that the first monotheist could have been Akenaten, in Egypt... see link: <http://www.varchive.org/ce/amenaten.htm>, but Abraham was probably the first to successfully start a monotheist religion.

What is Polytheism?

Polytheism is simply the belief in more than one single God, or deity. The belief that the existence of many divine beings exist, that Gods and Goddesses exist. This belief in more than one deity has been a major belief of humanity and in many cultures since the dawning of time. Polytheism is part of past present and most likely future beliefs. In polytheism the deities have taken many forms.

- ❖ **Celestial Objects and those of Nature** - sun, moon, stars, volcanoes, mountains, fire, rain, winds.
- ❖ **Plant and animal** - Trees (The Oak God), Monkeys (India), Hummingbirds (Aztecs)
- ❖ **Human or Personified Deities** - Human-like with more then human abilities. This is most likely the most common form of Polytheism. This is also called Anthropomorphism. Also that these deities have human type understandings and feelings such as love, hate, and every thing in between such as the human passions and behavior of the Greek and Roman gods.

Did this belief come about out of the need for balance, or the belief that because there is Woman there is Man so it must be with Deities as well, male and female? That most of nature has a male and a female so then must the Deities right? We may never know what the actual thinking was behind this type of belief.

What is Pantheism?

Pantheists do not propose belief in a deity; rather, they hold *Nature* itself as a Divine presence. Pantheists believe in Divine Immanence. Pantheism is the belief that the universe and nature are equally divine while accepting that the material world exists many also believe that the material world is in some way separate from and

inferior to the spiritual world. A common view is that the body is the prison of the soul, which can only be liberated if it suppresses the needs of the body, and only fully liberated after death. To the Pantheist, divinity does not transcend reality; it surrounds, and is within. Funny I see similar beliefs to this in many Christian beliefs. Not that they believe Nature is Divine, but that the body is a prison of the soul and that it can only be liberated after death through the trials and tribulations as described in the book of Revelations.

Taoism is a form of materialist pantheism

What is Animism?

Animism is the belief that the things around us are more than just *things*. Animists believe that all aspects of nature like rocks, mountains, air, plants and animals even water are spiritual beings, or that all of these things have a spirit, and life force. Animists, or many of them, also believe that there are other, less obvious spiritual beings not commonly associated with the phenomena of everyday experience.

The Native North Americans developed and practiced the most notable and coherent system of practical animism. This type of belief often involves techniques for entering into beneficial arrangements between the practitioner and the spiritual beings that are accessible to them. For example the Sun Dance. The Native Americans believed that *all* existence was important, and gave thanks to the spirit of each

thing be it animal or plant or water, that helped them to survive. They sought to live in harmony with the world, in both the practical and the spiritual sense. Their body of animist knowledge was the cherished fiber that bound their lives together and gave each one meaning. This knowledge was passed from generation to generation.

So, where does Wicca and Witchcraft fit into all of this? Much of that will depend upon the practitioner and the teachings they have been taught. Lets look at both Wicca and Witchcraft.

Wicca

Where does Wicca fit in the above beliefs? Well Wicca tends to encompass many of the above ideas with out subscribing to any one specific type or another. The basic beliefs of Wicca as far as the God and Goddess goes is that there is a Creator, most often referred to as the *ALL*, because this being, source, or entity is both male and female, yet neither at the same time. The ALL is what gave life to the God and Goddess, Lady and Lord. In Wicca you have the ‘ALL’ and from the ALL you have a Goddess that represents all aspects of all Goddesses, and you have a God that represents all aspects of all Gods. The belief of many God’s and Goddesses is what places Wicca in the category of Polytheism.

But then the way many Wiccans work with the Elements and Elementals, and the reverence that many Wiccans have for animal life, could place Wicca into the category Animists. However if you

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look at the fact that many Wiccans tend to regard that *all* of nature has a spirit and is in a sense a reflection of the divine, this general outlook or belief knowledge and power can be gained from the universe and the natural world in general could place the Wiccan beliefs in the category Pantheism.

And then there are certain Wiccans and covens that *only* worship the Goddess, such as The Dianic Tradition. This would place those Wiccans in the monotheistic category.

The fact is most Wiccans do not tend to subscribe absolutely to one belief system or another so it is hard to say WHAT category Wicca truly is. Maybe a new category should be made just for Wicca?

Witchcraft

Witchcraft is as diverse as Wicca is. Since there are some that do not worship at all, do not even see witchcraft as a religion. Then there are others that see Witchcraft as a form of reverence and wisdom, but still not a religion more a form of *spirituality*. There are also practitioners of witchcraft that *do* see it as a religion, but instead of worshiping gods and goddesses they pay homage to ancestors, and view them almost as gods and goddesses, but not the same. Then you have those that practice Witchcraft *as* a religion, with the ancient gods and goddesses of choice, or however they were taught. And do not doubt for a moment that there are those that have taken witchcraft and incorporated it into Satanism. But Witchcraft and Satanism *is* not the

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same thing. Neither is Witchcraft and Demonology. But you will find that as well. If you believe that there is NOT a darker side to Witchcraft then you are truly being miss-lead or miss-informed, because there IS a darker, dangerous, and more selfish side to the craft as well. But the point is, is that Witchcraft also does not fit neatly into one belief system or another.

Gods and Goddesses and Triple Aspect of the Goddess

The many Gods and Goddess of Witchcraft, folklore or of ancient religions come in a multitude of guises and abilities. Within the religion of Wicca the Goddesses tend to take on a three-fold appearance or aspects Maiden, Mother and Crone.

Maiden

The Maiden represents the young Goddess. The virgin, purity in many ways, but she also represents the energy and vitality and strength of youth. The Maiden is represented in the New and Waxing Moon.

Mother

The Mother phase or representations is that of fertility, childbearing years of a woman with the wisdom that comes with

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mature age and motherhood. The Full Moon is a representation of the Mother aspect of Goddess.

Crone

The Crone stage or Goddess is the representation of the older years - that of the elders and grandmother stages. With it is represented the wisdom of true age and lessons learned over time. Inner strength for the outer is failing, and the waning or dark moon represents this phase of Goddess.

Wiccans tend to see all aspects of the Goddess in one Goddess or they can actually identify three different Goddesses for the Triple aspect of the Goddess. But most often the Triple aspect is seen as phases of one Goddess or Woman for that matter. Wiccans also seem to use different Goddesses representing different aspects of life and moon phases for ritual and magic workings, this is not so with Witches of more Traditional Witchcraft. In Witchcraft there is not this type of distinction of Goddesses, each Goddess has specific abilities, and aspects. There is no real use of the triple Goddesses, at least not in the same manner as that of Wicca. Some Traditional Witches will find one Goddess and God that they work well with and stick with them and them alone. Others will utilize Gods and Goddesses of their learning of a specific land or culture like Celtic, or Norse, or Greek, not mixing and matching Gods or Goddesses.

Gods and Goddesses

When it comes to actual names, cultures and backgrounds and abilities for the many Gods and Goddesses there is no way I could compile a section that encompassed them all. So for now you will find a break down and listing of many of the most popular and well known deities and a brief description of them.

Greek Goddess Artemis

Artemis is a Greek Goddess and is the twin sister to Apollo. She is the daughter of Zeus and Leto. She is the Goddess of the hunt, of chastity, and virginity. Even though she is perceived as a virgin goddess, she also presides over childbirth. Things that are associated as being sacred to Artemis are the laurel and fir tree, stag, boar, bear, dog, and goat, fish, bee and other animals. She is considered friend and protector of youth and markedly young women. Artemis is a Goddess of old that did have sacrifices granted to her.

Greek Goddess Aphrodite

The Greek Goddess of love and beauty she was said to be born from the foam of the sea. She represented sex, affection, and the attraction that binds people together. Aphrodite was married to Hephaestus, the god of fire. Things that are associated as being sacred

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to her are the myrtle, rose, apple, poppy, sparrow, dove, swan, swallow, tortoise, ram. Eros was produced from an affair with Zeus. Her favorite lover is the god of war, Aries.

Greek Goddess Astraea

Astraea is the Greek Goddess of justice and is also seen as the Goddess of innocence and purity.

Greek Goddess Demeter

Is the Greek Goddess of agriculture, grain and fertility. She taught mortals to plow and sow seeds, thus ending their nomadic existence. For this she is also known as the goddess of civilization. Lore has it that Demeter's daughter, Persephone, was abducted by Hades to be his bride. In her sorrow for the loss of her daughter, Demeter allowed all of the living things of the earth to wither and die. She eventually found Persephone, but because the girl had eaten three seeds of a pomegranate while in the Underworld, Zeus decreed that she should spend three months of the year in the Underworld with Hades. Demeter only allows the living things of the world to grow when her daughter is with her, thus the seasons.

Greek Goddess Persephone

Greek Goddess that is the beautiful daughter of Demeter and Zeus. Persephone is the wife to Hades. She spends some of her time in the underworld and some in the above world. Goddess of springtime but she is also the Queen of the Dead.

Greek Goddess Hekate/Hecate

Hecate is my own most favorite Goddess, and the one that I was first exposed too as a child. She is also most likely the most misunderstood deity of ancient Greek religion. Hecate is known as a Goddess of “witches”, a dark Goddess, and she is believed to be the benefactor of malevolent or more hostile sorceresses and queen of restless ghosts and other dark creatures of the night. Horace presents Hecate as worker of evil. Hesiod honors Hecate for Her powers over the Sky, Earth, and Sea. It has also been said that Hecate is the Goddess of Witches. Hecate offers protection against outside evils, perhaps specifically unseen demonic and magical ones. Hecate is known to have been associated with Media that was considered to be a Witch. Hecate is also the one that helped rescue Persephone, whom She leads back from Hades to Her mother, Demeter. In old Hecate was seen as a young maiden, it has only been in later times that she was seen as a crone. I personally see her as a maiden consisting of much wisdom as found in a crone. On a special note, it is speculated

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that Hecate may not even have originally been a Greek Goddess, but from other lands previous.

Greek God Pan

Pan is the Greek God that is the son of Hermes and Penelope in some myths and the son of Zeus and the nymph Callisto in others. He is the god of flocks and shepherds. Pan appears as mostly human in appearance but, with goat horns and goat feet. The pipes of Pan, to hear them!!! Pan is considered to be an excellent musician. He is merry and playful frequently seen dancing with woodland nymphs. His name is the basis for the word “panic”. I can never think of Pan with out the words of a beautiful song playing through my mind... “Harken my witches for the pipes of pan are calling, calling. Calling, us back to the worship of long ago.”

Greek God Dionysus

Dionysus is the Greek God of fertility and wine and later considered a patron of the arts. Dionysus is the son of Zeus and Semele and is said to be the only god to have a mortal parent. Dionysus invented wine and spread the art of tending grapes. He has a dual nature. On the one hand bringing joy and ecstasy and on the other brutal, unthinking, rage. If he chooses Dionysus can drive a man mad. No normal fetters can hold him or his followers.

Greek God Zeus

Zeus is a Greek God and supreme ruler of Mount Olympus. He was originally worshiped as a weather god his main attribute is the thunderbolt. He is said to control thunder, lightning and rain. He is represented as the god of justice and mercy, the protector of the weak, and punishes the wicked. He is husband to his sister Hera, and the father of Aries, Dionysus and Athena.

Greek God Aries

Aries is the Greek God of war and bloodshed. He is very handsome, cruel and vain, as well as cowardly. It is said that Aries was not a god of honorable battle, but a bloodthirsty lover of violence and strife.

Celtic Goddess Brigit

Brigit is the Celtic Goddess of healing, fertility and the hearth. She is the patron of poets, smiths and doctors. Transformed into St. Brigid in the Christian revolution of Ireland.

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Celtic Goddess Cerridwen

Cerridwen is originally a corn Goddess, she is the protector of poets. Associated with Brigit.

Celtic Goddess Danu

Danu is the Celtic Goddess known as the Universal mother of the gods. The earth-mother. Goddess of rivers, wells, prosperity, plenty, magic and wisdom.

Celtic Goddess Morrigan

Morrigan is the Celtic Goddess of war and death. It is said that she can take the form of a crow or raven.

Celtic God Cernunnos

Cernunnos is the Celtic god known as 'The horned one'. He is the God of fertility, life, animals and the underworld. He is most often depicted with the antlers of a stag.

Celtic God Dagda

Dagda is the Celtic or Irish God of the Earth and father of the Irish gods. He rules the seasons with a magical harp, and owns a bottomless cauldron of plenty. He is also said to be a skilled fighter and artisan.

Roman Goddess Diana

Diana is the Roman Goddess of nature, fertility and childbirth. She is closely identified with the Greek goddess Artemis.

Sumerian Goddess Inanna

Inanna is the Sumerian Goddess known as the Queen of Heaven. She later became known as Ishtar. Inanna is also said to be the goddess of love, procreation, and war. As Ishtar she was the daughter of Sin, and the goddess of sexuality; the ambitious, dynamic goddess of love and war.

Egyptian Goddess Sekhmet

Sekhmet is the Egyptian Goddess of war and battle. She was usually pictured as having a woman's body with the head of a lioness, and seated on a throne. She had many titles, such as: Goddess of Fire

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and Heat, Mistress of the Gods, Goddess of Vengeance, Lion Goddess, The Mighty One of Enchantments.

Egyptian God Horus

The Egyptian God Horus is the falcon-headed solar god. His mother was Isis who conceived him by her magical powers from the body of his murdered father Osiris.

Egyptian God Ra

The Egyptian God Ra is known as the sun god. He is often pictured with the falcon-head of Horus and the sun disk and Uraeus. Seven cows and a bull normally accompany him, which provide him with his nightly sustenance. Mankind and animals were said to have come into being from his tears.

There are so many more Gods and Goddesses that I have not even mentioned. There is not enough room in this book for all the Gods and Goddesses of Lore. You will have to research and discover which Gods and Goddesses you will want to work with. You can mix and match as many Wiccans do, and I know a few more Traditional Witches that call on a Goddess or God from time to time that is not specifically of their leanings, but that feels right for the need at hand to them. You can discover a certain group of Deities that feel right to

you and work with them alone. I myself personally work with only a select few, which you might guess are mostly Greek. Whether you are or become a Wiccan Witch or a more Traditional Witch I recommend that you do lots of research on the Deities. Gods and Goddess are nothing to play around with, even the lesser ones are strong.

You will have to personally discover just what is really right for you, and this may often be through trial and error during when it comes to the many Gods and Goddesses. Ritual and magic are powerful things and never to be taken lightly.

Sabbats and Holy Days

To practice any religion you must know what are the most sacred times to practice right? Well in the religion of Wicca you will find that the Holy days are called Sabbats. Just what is a Sabbat? Today, Sabbats are religious festivals or holy days, for the religion of Wicca. Many Neo-Pagans also celebrate the Sabbats. What you need to know is that Witchcraft did not actually have Sabbats per say. It was actually Gerald Gardner that brought to life the concept of Eight Sabbats and incorporated it in to the beautiful religion he created of Wicca. Also to confuse you even more, the 'Sabbats' of modern Wicca and Neo-Paganism, are based on or near old Pagan days of celebration.

In ancient times these special holidays did not necessarily have names, nor were they called Sabbats, but there were days - special

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times and festivals every year. Different regions and geographical locations most probably had their own specific days, some may even have lasted into our modern times, but the names and actual days may be different from ancient times. Old Pagans and Witches did however celebrate festival days that were very closely linked to the seasons, times of harvest, the ebb and flow of life its self! What you have to realize is that there are many countries and areas that only had *two* seasons, Summer and Winter, no real fall or spring. Some areas did have all four seasons.

It is thought that Sabbats were Celtic festivals, again, they were not called Sabbats long ago. However this can not be true, for there are eight Sabbats today according to the teachings of Gerald Gardner, and the Ancient Celts did not celebrate the four seasons. They did however celebrate four Celtic festivals in pre-Christian times, the spring and fall equinoxes and summer and winter, only *four* holidays, not eight. And these were most often not just one-day affairs, but many days and nights of celebrating.

The Revivalist, or Romantic Druids, Druidic Re-constructionists, what ever you may wish to call them seem to be the ones that incorporated ritual observances of the two solstices along with two equinoxes thus creating the eight Sabbat calendar. It is also thought that the Britons, who preceded the ancient Celts, did celebrate on the equinoxes and solstices. So the days that are celebrated with the Wheel of the year in our modern times does have honest roots in days

of old, but much has been added, left out and personalized when it comes to these eight religions days.

Depending on your previous religion, or back ground you may discover that the Wiccan Sabbats seem to mirror many Christian holy days as well. If you remember from your previous chapters that when Christianity started to spread it's political and religious wings, that it found it was easier to incorporate the old Pagan holidays into the practice of Christianity, thus drawing many of the Pagan followers into the Christian faith and strengthening the Christian numbers.

What follows are general names and descriptions of these Wiccan Sabbats. If you follow the religion of Wicca these are most wonderful days. If you practice Witchcraft, these days are still important, whether you incorporate them as a whole, or bits and pieces is up to each individual practitioner. In more Traditional Witchcraft there was no such thing as Sabbats, yes there were holy days, sacred times of the year but not Sabbats. What follows are Old and new religious days, sometime it is hard to discover what was, what is, and what may be, until we live it.

Samhain

October (Northern Hemisphere) / April (Southern Hemisphere)
(SOW-in) means 'end of Summer'

Samhain is a celebration of the Final Harvest the bounty of which is to be stored for the coming winter.

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Samhain marks the first day of the Wiccan new year. It is celebrated on October 31st. According to modern Celtic followers Samhain is celebrated on November 1, and October 31 actually the Eve of Samhain. Samhain is also celebrated by some on November 7th(All Hallows Eve) and on November 11th (Martinmas) All actually celebrating or standing for the same purpose.

Samhain is a harvest Sabbat.

“Feast of the Dead.” IS an ancient Celtic holiday, however it may or may not have been considered a religious day, but it was not called a Sabbat. It was celebrated by placing food on tables to honor the spirits of the dead.

It is thought that on this night, the veil between the realm of the living and the realm of the dead is lifted, making communication with spirits easier. IF it is not lifted, there is no doubt that on this day and night the veil IS thinner.

The god and goddess are honored on this night according to the Wiccan Sabbat. Pagans today still celebrate Samhain both to honor the god and goddess, as well as the deceased.

Traditional Decorations- pumpkins, jack-o-lanterns, nuts, gourds, apples, candles.

Foods- apples, nuts, pumpkin, poultry, pork, wine

Herbs- allspice, mugwort, oak leaves, sage, nutmeg, mint

Colors- black, orange, silver, gold

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This may be the averages Witches most favorite holiday, I know it is one of mine. There is just a ‘Feeling’ on Samhain that starts on October first and just builds ‘til Samhain. It is fun to decorate in non-traditional was as well: black cats, witches hats, windsocks or flags, laughing skulls, and more spooky Halloween stuff. Just because it is a Religious time, does not mean you are desecrating the day by adding non-traditional elements to it. Each Sabbat should be “PERSONALIZED” so it will truly mean something to each practitioner!

Note: Many Pagans/Witches/Wiccans find this time of year especially powerful for channeling, divination, cartomancy, scrying. A time of year that is most powerful to do good...or bad.

Yule

December (Northern Hemisphere) / June (Southern Hemisphere)

Yule is an Anglo-Saxon word meaning “wheel”.

Yule is also known as Winter Solstice - this is normally on or very near December 21 and this time marks the end of the dark half of the year and the beginning of the light half. It is also the time for celebration of the birth of the Oak King, or Sun King, who warms the frozen Earth so that it can bring forth the seeds of life- ending the cold, dark winter season. Gods such as the Oak King and Sun King have been around for a very long time.

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This is the time to celebrate the Earth's turn from the dark seasons to the light, and celebrate the sun's warmth and the life that the Earth and Sun will bring forth in seasons to come.

Decorations- holly, Yule logs, mistletoes, wreaths, boughs of evergreens, candles, poinsettias, evergreen trees decorated with lights

Foods- cider, fruit, pork, turkey, nuts, eggnog, teas, cookies, wassail

Herbs- bayberry, frankincense, holly, thistle, oak, sage, pine

Colors- red, green, white, silver, gold, yellow

Yule is considered a Solar Festival so it is most often celebrated with fire in some manner or another. One of the most ancient forms of fire celebration for this festival is that of the Yule log.

If you feel that you can not celebrate the Christian holiday of Christmas then remember this - the Christmas holiday is full of red and green colors the trimming of the Christmas tree, and wonderful carols to sing. Do you realize that those simple things are ALL of PAGAN DECENT! Yes all the way down to the exchanging of gifts is actually an ancient pagan tradition. Many today believe that gifts are exchanged because with the Christian religion gifts were brought to the Messiah, baby Jesus this may be so for the Christian faith, however on a side note, Jesus' birthday was not even in December.

The fact is that ancient pagans trimmed the Yule Tree, hung wreaths of holly, and baked sweet treats for this festival. So when it is Christmas time, look around you at all the beauty in this Christian and

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Pagan holiday. Remember that much was incorporated into the Christian religion to make the followers of older more ancient religions to feel comfortable in the conversion. And now if you will but open your heart you can find a very beautiful time of year for Pagan and Christian alike!

Imbolc

February (Northern Hemisphere) / August(Southern Hemisphere)

Derived from the Gaelic word “oimele,” which means “ewe’s milk.” Imbolc is also known as Imblog or Candlemas, and Oimealg by the Druids. For the Celts, Imbolc was the festival of the lactating sheep also a time when the herd animals were giving birth to their first offspring of the year, and was also a time for blessing the seeds and consecrating agricultural tools. This is a time of conception and birth and renewal.

Imbolc is a festival of the Maiden aspect of the goddess. A time for the goddess to prepare for growth and renewal. This is also a time to honor the maiden goddess as the Bride of the Sun King. Imbolc is celebrated on February 1st or 2nd.

Decorations- white flowers, besoms, sunflowers, candles

Foods- sunflowers seeds, poppyseed cakes, breads, dairy products, peppers, onions, wine, and tea

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Herbs- cinnamon, basil, violets, white flowers, blackberry, myrrh, angelica, bay, wisteria

Colors- white, pink, (new) green, brown, red

Candlemas or Imbolic is a wonderful time of year to place dried ears of colorful corn around your home or on the porch. You could tie three ears of corn together use them in your ritual or festivities and then hang them outside the house for wealth and protection until after the Fall equinox, then bury them in your garden.

This is a wonderful happy and hopeful time.

Ostara/ Spring Equinox

March (Northern Hemisphere) / September (Southern Hemisphere)

Ostara is the Spring, or Vernal Equinox. It usually falls on March 21. Now, night and day are in balance, and the number of daylight hours are increasing. This is the time when the Sun King is celebrating his sacred marriage to the Maiden Goddess, and she also conceives. At Yule, in nine months, she will again become the Great Mother Goddess.

This is a time to celebrate fertility in all aspects- fertility of the land, humans, and of animals. It is a time to celebrate the union of the God and Goddess, and to celebrate the Earth and it's growth, and banishing winter.

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Ostara also falls near the Christian holiday of Easter. If you can find beauty in all holidays and spiritual times be they of your religion or another then you can find much to celebrate and rejoice in through the year. Honor and respect of someone else's holidays only strengthens your own beautiful holidays and Sabbats.

Decorations- daffodils, violets, white spring flowers, leaves of all kinds, grape vines

Foods- green vegetables, nuts, sunflower seeds, dairy foods, bean sprouts

Herbs- daffodils, jonquils, violets, all spring flowers, iris, peonies, olive, jasmine

Colors- white, green, yellow, pink

This is a good time to bless or ask for the seeds to be blessed for future plantings.

Did you know that the Easter Bunny is actually derived from ancient pagan practices as is baskets of flowers and the light green, yellow and pale pink colors that are also traditional for this festival.

This is also a WONDERFUL time for SPRING cleaning! Get rid of all the dust and dirt from the winter, and clean it all up and out! Time for freshness and newness!

This is the time that signaled the beginning of a new cycle, the rebirth of nature.

Beltane

May (Northern Hemisphere) / October (Southern Hemisphere)

Beltane means fire of Bel.

It is also the Gaelic word for May. Beltane is the time when the May Queen or King is crowned. Belinios is the name of the Sun King, and Beltane is a celebration of his feast of crowning.

It is celebrated on April 30 by some and on or around May 5th by others. In days of old it is possible that this festival lasted from around April 30th until the end of the first week in May.

This is the time when the Earth is being warmed by the sun and bringing forth life, NEW LIFE everywhere! New flowers blooming and baby animals bouncing and frolicking about. You can feel the magick of life in the air!

In ancient Celtic times, May Day, or Beltane, was a time for married couples to shed their wedding vows for just one night. And it was a time of courtship and uninhibited sexuality for younger, unmarried people. Again bring in the cheesy witchcraft movies that wish to portray a time of beauty and freedom, a time of celebrating life, into something demonic and dirty, out of something wild and free.

This festival is most often one of fertility, and when you see the cheesy old movies about Witchcraft, you know the ones that make Witchcraft out to be all orgies and human sacrifices, where the High Priest and the Priest are on the beach or in a field and they are having

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sex...well, it derived from an actual beautiful part of the pagan worship and practice.

Special note here: Note that the above paragraphs stated in ancient Celtic times, not now and today. Today there is a VERY real and DEADLY threat of HIV and AIDS and being sexually uninhibited for even one night could change the REST of your life forever. I am not your mother, nor your hand slapper, so all I ask is be smart, and be safe.

Decorations- all spring and early summer blossoms

Foods- pork, beef, any edible blossom, all vegetables, dairy foods and drinks, wine, and tea

Herbs- vanilla, violet and all spring flowers

Colors- green, red, pink, orange, white

This is a time of love and, and union and the famous MAY POLE! The May pole was usually a tree or pole decorated with leaves. On it would hang ribbons of many colors, but red and white being the primary colors used. And it represents the male in the Marriage between the Earth Mother/Goddess and Father/God.

Litha/ Summer Solstice

June (Northern Hemisphere) | December (Southern Hemisphere)

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Litha, or Mid Summer, is Summer Solstice and normally falls on June 21. It is the opposite of Yule. This is the longest day of the year, and at this time, the Sun God is at his peak and is most powerful. This is a time to honor the God and all his strength, and look forward to the upcoming first harvest. A time to celebrate passion and success!

Decorations- Oak leaves, light and dark color ivy, lilies, lavender, ferns, daisies, carnations, and yarrow

Foods- all garden vegetables and fruits

Herbs- lavender, thyme, lily, myrrh, pine, wisteria, mugwort, rose

Colors- gold, yellow, brown, green

This is summer in all it's wonder... the promise of bounty, and life! Celebrate the warmth of the sun, the kiss of a hot breeze on your skin. This is the time to dance under the stars and be glad you are alive and you have chance to make something of your life!

Note: Of all the Sabbats, Midsummer is the only which focuses on the Sun(as far as Wiccan Sabbats). So it is fitting that the Sun be depicted within the circle at the time of ritual.

Lughnasadh

August 2 (Northern Hemisphere) February 2 (Southern Hemisphere)

Lughnasadh (Pronounced loo-na-sa), or Lammas, is celebrated on July 31 by some and on August 1st, by many as well. This is usually the time of first harvest and marks the time when the spring plants

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wither and drop their fruits. It is a time for giving thanks to the God and Goddess for all positive happenings of the year. The Sun God is entering old age, waning, and is weakening, as the days become shorter and the nights longer.

Decorations- roses, grapevines, nuts or seeds, apple branches and apples

Foods- apples, seeds, breads

Herbs- carnation, grape, blackberry, all grains, sandalwood

Colors- brown, yellow, white, blue

It is a time to celebrate the fertility of the Earth. Now the Maiden has grown to full womanhood...the Mother. Now the hot summer days of Midsummer have given way to the long shadows of the coming Autumn. The circle of life keeps moving on.

Mabon/ Autumn Equinox

September (Northern Hemisphere) / March (Southern Hemisphere)

Mabon is the Autumn Equinox and the second harvest. It falls on September 21 another day of balance. Day and night are equal length, and this is time to look forward to the coming dark of the year. The cycle of growth grows near its end and this is a time to give thanks to the sun, the God, for his light and warmth, and celebrate the aging

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Goddess as she passes from Mother to Crone. The Goddess steps aside and the God steps forward and brings darkness. Also at this time, the God prepares for his death and re-birth.

Decorations- pinecones, apples, acorns, corn, gourds, horns of plenty, and ivy vines and wines as well.

Foods- pomegranates, potatoes, carrots, breads, nuts, apples, onions, garlic

Herbs- myrrh, marigold, passion flower, rose, sage, thistle

Colors- orange, brown, gold, red, maroon

This is the time that green gives way to golden yellows, red browns, bronze and copper.

Remember we honor the balance of God/Goddess, male and female at this sabbat.

The Wheel is complete. The cycle has ended and another is yet to begin.

The above Sabbats are special times, religious times or festivals, some that have been practiced by pagans and Witches for centuries, but they were not titled 'Sabbat' and most often as I stated before, these times of celebration lasted for more than a day or so, in a time when days passed from sunrise to sunset, not twenty-four hour periods, and these Festivals, Tides, or Holy Days were special to many paths, not just pagan. As you can see, each festival is very closely linked to the seasons, especially to times of harvest, the ebb

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and flow of life its self! And the turning of the Wheel symbolizes the passage of time, of death, and conception, birth and life back to death again. There are lessons to be had here, if one takes the time to think, meditate and open oneself to the Mother and Father, The Goddess and God, to the very Earth itself, to the beauty that surrounds you.

NOTE: You do not need an altar, or fancy tools, or even a circle to celebrate the above special times. You need not feel guilty if you miss one of the days, celebrate when your heart and soul compels you to do so...that is what religion is all about. Many more Traditional Witches do not practice all of the above mentioned days, honestly I do not myself, but that too is something that you will have to discover what is right for you, not for everyone else.

May your celebrations, in whatever form they are and by whatever name you call them, be joyous, honest and full of beauty that is 'soul deep' for you as an individual! And honestly I do not celebrate most of the above Sabbats, at least not in any prescribed manner, or at any prescribed time. My own religion is personal and private.

Esbats

Wiccans also celebrate thirteen Esbats (full moons) a year in honor of the goddess/lady and this magical earth. I have come to discover that more Traditional Witches often see Esbats as either Full Moon or Dark of the Moon as well. Personally to my own family ancestors there was not a celebration per say, not as days to worship

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or have ritual for the Goddess at least, to my Ancestors the Full Moons and Dark of the Moon were times for strong magic, not worship.

Sabbats are most often times of celebration, dedication, and simply honoring the Creator, the Goddess and the God. Where as the Esbats most often are for MAGIC! Healing, and all kind of magic. The three days before a full moon, the night of, and the three days after a full moon are very powerful days. We will go more into this when we discuss magic.

You will notice that I do not go into a lot of detail on the practices carried out on Esbats, that is because so many view and carry out their own personal needs in so many different manners on Esbats.

Full moons are powerful times for magic, but then again so is the dark of the moon, and many seem to forget this.

What I want you to know is that when it comes to religion, you don't need a full moon, or a special day on the calendar to worship with Wicca or any Pagan religion, or path such as Witchcraft, Religion should always FEEL right, and come from your heart, be felt in your soul, it should be honest to you...not to a circle mate, or coven HP but to YOU, the individual that is practicing that religion! ANY RELIGION!

Be true to you, and you will ALWAYS be true to your religion.

Secrets

Are there secrets in Wicca? Probably not many but yes still a few. Mostly in more Traditional Coven Wicca, which is not what this book is about. This book covers more Solitary Eclectic Wicca. Are there Secrets in Witchcraft? Yes there are, many. Why?

In more Traditional Witchcraft many mysteries or secrets are well guarded and for many good reasons. There is *power* in knowledge, and to share this power lessens your own powers in part, some believe. However by sharing and teaching correctly it can also increase your own knowledge. But to share valuable Craft information with outsiders, or those that do not truly believe also gives power to others to use in the forms of more propaganda and slanderous lies. The Witch-Craze was a very real thing, and so many innocents were tortured and murdered. What do you think they might do in a modern Witch-Craze? So it is important to more Traditional Witches to keep silent, and to guard certain aspects of the Craft well. I can not share all with you here, but I do share what I can. Honestly all has not even fully been shared with me, because there are certain things I will not take part in, remember Traditional Witchcraft is not always light and sweet, there is darkness, and a danger that is not in Wicca. Do I share all my secretes with you? No. Partly because this book is not big enough, and partly because many of my secrets you will have to discover in your on spiritual growth. You can lead a

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horse to water but you can not make it drink. Think of this book as the water, but only a bucket full in a whole pond that lies before you.

Secrets, yes there are secrets, and I would advise you to guard your own learning's well. To keep silent is one of the virtues of a true witch, be they Traditional Witch or Wiccan Witch, know when to keep silent.

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Personal Thoughts and Notes

● Section Three ●

*There are many amazing abilities that are natural to the human mind and self that science has not yet quite been able to prove or disprove. Remember to believe in yourself and your own magic! There is so much power in the mind and body and so many ways in which to utilize those powers, if you **believe**. Remember that when you gaze into a mirror there are two truths, your reflection and your true self. Both are reality, the same but different, but still reality.*



Chapter 13

Meditation



Meditation, you hear about it all the time now of days, but what is it really and why in the world would it be beneficial to a Witch? Well, lets take a deeper look at the why and how of meditation. First let's take a good look at what meditation is or is thought to be.

What is Meditation? The Vedic explanation of meditation is “to discern, measure, ponder, contemplate and ultimately to be free from all limitations and standards by which we measure ourselves.” In the book *Modern Magick* by Donald Michael Kraig it states that meditation is: “Meditation as it really exist is derived from an Eastern idea based not on contemplation, but silence; the silence of the mind.”

I believe that I have read somewhere that meditation is ‘tricking the mind’ into nothingness. I have also heard that it is emptying your mind. Well honey if you have ever tried to empty your mind, it is NOT an easy thing to do. Your body just does not like an empty mind. The first couple of hundred times I tired to meditate, to really find that ‘quiet place’ in my mind it was next to impossible, and if I did achieve it, it was for no amount of time at all. I would find that

even if I could slow down and stop the little thoughts racing through my mind that then a body part would itch, and need scratching! Or I would forget to breath because I was trying to still not only my mind but my body as well! I would be so close and then a thought would just be there 'what was that tiny noise I heard' or 'it's too cool in here' or 'its too hot in here'. I would again get close to the place of quiet and another thought would pop in my mind 'don't for get to do your home work' or 'don't forget to clean up that mess I made'. It was just a never-ending string of thoughts.

To find that 'true quiet place' is by far not an easy thing to do, but it does get easier once you have done it and start practicing meditation often, daily even. I do find that if I quit meditation for a while, days or weeks even that when I go back to meditate it is kind of like riding a horse. You don't forget how, but it is a little shaky when you first get back on one, takes time to feel really comfortable riding again, but it is natural. Or if you draw, if you do not draw for long periods of time you don't forget how to do it, but it takes a little time to get back the *feel* of it. Practice might not make you perfect, but it really does help.

What is the purpose of meditation?

The Main and most common purposes of meditation are:

- ❖ Stress relief - all your stress and emotional and or mental stresses and pressure can actually lesson to varied degrees. Benefit is better mental health.

- ❖ To obtain a higher level of consciousness
- ❖ To empty your emotions, or step away from them, to become better and more aware of your emotions and surrounding's
- ❖ To create peace of mind and harmony within yourself so that you might acquire balance and peace.
- ❖ To replace your emotional or mental turmoil with something more positive and beneficial for dealing with magic or with the sacred and Divine.

How do you Meditate?

So, how do you meditate? Honestly since each person is so very uniquely different there are things that might work for me that may not work for you. So you will just have to find what does work for you when it comes to meditation. As for ways, well I am listing a few below that do work fairly well for me, and if the ones here don't work great for you then there are loads of good books and even audio tapes that may help you help yourself to meditate more easily.

Before I do tell you how you can meditate let's talk about why you should meditate. Meditation, even light forms of it are very beneficial to a witch, to anyone for that matter. When you find that place, even light meditation, where you are near that quiet place, you are letting go of all things that have caused you stress and tension. You let go of worries, and aches and pains, and problems even if only for a few moments in time. The thing is letting go of those stresses

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and problems for even a short time gives your own body time to relax and even heal a little. So yes, I don't know if others see it that way, but personally I do see meditation as a form of healing of self, and an aid in healing others as well.

Why else should you meditate? Well when you can control your mind it is really amazing at how many other things you can finally learn to maintain and control in your life. For example your health just might improve. When you take the time to meditate, and in doing so if you can relieve some of the stress in your live, and stress has been proven to physically affect that body, then you can start to heal yourself, or maintain good health. I am sick less often now that I am conscience of how my thoughts can affect my health. I am a firm believer that you can either heal yourself, or make yourself sick. It has been scientifically proven that the mental state of the mind has a huge impact on the physically state of the body. Those that are recovering for a serious surgery, the ones that are positive and upbeat, and really believe that they can get well, do get well, and faster then those that are pessimistic, or don't believe that they are ever going to fully recover.

I personally find that I can also control my emotions a whole lot better when I meditate regularly, especially anger. It takes me a lot longer to get mad, and I also get over being mad a lot faster. Hey, I am only human, I do get mad! Well, maybe I don't get mad, I get even {Grin}! We all get mad sooner or later and we feel hurt, or sad,

or happy, these are all things that are part of our daily lives, but speaking of my own situation, meditation really does help.

So how do you meditate? As I mentioned before what works for me may not work for you, so you may have to try several different methods of meditation to find just what does work best for you. There are many good books on meditation out there if none of the following works for you.

When you first start to meditate it really is important that you find some place that you will not be disturbed for the time that you wish to try to meditate. You will also want to make sure you have on comfortable clothes. I am telling you, once you start trying to clear your mind, to find that silent place, your body will become very noticeable to you, and any tight clothes or jewelry will make itself known to you when you are trying to find that silence! It will pinch when before it did not, it will bind when before it was comfortable. It seems that when you truly start out trying to find that place of silence that everything and anything is trying to keep you from experiencing and finding the silence. So try to give yourself a little help and wear the loose and comfortable clothes and take your jewelry off, or make sure it really is comfortable.

Find a comfortable chair or if you like yoga you might try a yoga position that you are comfortable with. Me, I'll take a comfy chair personally. You may also want to make sure that the room or location you find yourself doing this meditation at is a comfortable temperature, not too hot and not too cold. I do find that my body

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temperature does seem to drop a small amount during meditation so if the room is cool, I tend to get cool very fast. You want to be as comfortable as you can be for learning and practicing meditation. Now you are just about ready to practice meditation.

Breathing and Techniques

Well there are many different breathing exercises for you to pick from. Again, what works best for me may not be what works best for you, so you will have to discover through trial and error which way is right for you. I will list a few techniques here and there are many other ways you might try.

You are in your comfy chair with comfy clothes and good temperature and you are about to start your meditation, but first you need to relax your body and breathing is one of the best ways to do this.

Breathing Technique One:

Make sure you are sitting tall, meaning that you are not folded in on yourself, you want your lungs to be able to expand and fill, and empty easily and wholly. You might close your eyes for this, it works best for you, or you may want to focus your sight on some specific picture, place or symbol. I close my eyes. Breathe in your nose, slowly to the count of six. Hold the breath in to the count of three, and

then blow your breath out through your mouth slowly to the count of nine. Repeat this... Breathe in your nose, slowly to the count of six. Hold the breath in to the count of three, and then blow your breath out through your mouth slowly to the count of nine. When you breath in think of how you are breathing in the healing, life-giving element of air. While you are holding it see the good air being absorbed and used in the most beneficial manner to your body, when you exhale the breath see the negativity and stress that your body holds onto flowing out with that breath. Do this several times until you are feeling relaxed, stress free. Let the breathing in, holding it, and breathing out start to become more natural feeling so you do not have to count, once you have reached this point where you do not have to count, you are ready to start meditation techniques.

Breathing Technique Two:

Make sure you are sitting tall, meaning that you are not folded in on yourself, you want your lungs to be able to expand and fill, and empty easily and wholly. You might close your eyes for this, it works best for you, or you may want to focus your sight on some specific picture, place or symbol. Breathe in slowly, not counting, just fill your lungs as full as you can and then gently and steadily blow your breath back out. In this exercise you don't hold your breath in between the inhale and the exhale, you simply do steady controlled smooth breathing in and breathing out. You will want to breathe in healthy

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relaxing air and breathe out stressed and sick air. Do this several times until you are doing this naturally and easily. You are now ready to begin meditation.

Breathing Technique Three

Make sure you are sitting tall, meaning that you are not folded in on yourself, you want your lungs to be able to expand and fill, and empty easily and wholly. You might close your eyes for this, it works best for you, or you may want to focus your sight on some specific picture, place or symbol. Breathe in through your mouth slow breath, short breath about to the count of three, breath out of your mouth again to the count of three. Do this several times, about ten times, then breath in your nose slowly, to the count of six, hold it to the count of six and then breath out of your mouth slowly to the count of six. Then repeat the short breaths through your mouth. Breathe in through your mouth slow breath, short breath about to the count of three, breath out of your mouth again to the count of three. Try this about ten more times, then do the slow breathing again... Then breath in your nose slowly, to the count of six, hold it to the count of six and then breath out of your mouth slowly to the count of six. Let the slow breathing become more natural and then you are ready for meditation.

Meditation Technique One

Once you have done your breathing exercise and you are relaxed and comfortable, sitting is better, honestly I tend to fall asleep when I lay down. However the whole time I was in college the ONLY time I had to meditate was lying down before I did go to sleep, so that was my nightly meditation, and the relaxation then took me into sleep.

You have probably heard of the ‘ohm’ meditation probably where you repeat the sound Ohm, sounds like *HOME* with out the ‘H’ it is almost a vibrational sound. Anyway, by repeating this Ohm sound slowly and over and over it is hoped that you will interrupt the normal thought pattern of your mind and within the relaxing you will find the quite place. This works great for some folks, but not for me. I feel silly repeating it out loud, but if you are in a situation where you can, and if you feel comfortable repeating it, as I said there are many that do have wonderful success with this method.

When you reach the quite place, the place of silence in your mind, try to hold it, and each time try to stretch it out a little longer. You will notice that when you do reach the silence that often you will hold it for seconds at first before you interrupt yourself with “relax” or “am I doing it”, or fifty million other little thoughts that will let you know that you actually are NOT doing it and that you have lost that silence. Don’t try again right away when you are first learning. You will want to wait a couple of hours before you try to meditate and find the silence again.

Meditation Technique Two

Once you have done your breathing exercise and you are relaxed and comfortable, sitting is better, honestly I tend to fall asleep when I lay down. There is no real wrong way, just make sure you are comfortable.

Just like the above technique with the 'Ohm' if you do not feel comfortable using the 'Ohm' sound then try saying A-B-C-D—D-C-B-A, A-B-C-D—D-C-B-A, A-B-C-D—D-C-B-A, over and over. This is trying to trick your mind out of its normal rhythms, or patterns just as the Ohm sound does. After you have said the A-B-C-D—D-C-B-A, then just stop, this is when you should find that silence, the state of true meditation. It is this silence that you need to learn to find, and hold onto and stretch.

Meditation Technique Three

In Donald Michael Kraig's Book Modern Magick he has a wonderful technique where you use a card to help in meditation. I have tried this, and I am going to share with you what works well for me, it is slightly different from Kraig's original version. So you will need a tarot card or a playing card, King, Queen or Jack work best because there is more on the card to view.

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Once you have done your breathing exercise and you are relaxed and comfortable, sitting is better, honestly I tend to fall asleep when I lay down, but you can lay day if you want. This from of meditation using *Scanning*. If you have a scanner then you might know what I mean. A computer scanner will literally line by line scan a picture. This is what you want to do.

Look at the card and invasion the card in horizontal sections of about an inch. Move your vision from top right to top left across the width of the card. Taking that strip of the card and placing it in your mind. Kind of like peeling that section off of the card and placing the peeled part in your mind. Then go back to the right side of the card and take the next one inch horizontal strip of the card and place it in your mind. Repeat this until you have taken and mentally scanned the card piece by piece into your mind. Then you will want to De-Scan the card in the same manner that you scanned it. Except now you start at the bottom of the card and you invasion the strips being placed back on the card You are taking the part that you peeled off and putting it back.

This is a mental process that helps you to fully get involved with the card, blocking everything else out. It is also a process that takes practice to actually be able to do and do well. It is easy to leave color out, or piece when scanning and de-scanning. It takes time, and practice, and good visualization skills.

Meditation is a valuable thing to be able to achieve.

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However, so is quite contemplation. You can also find much wonder and magic and peace in something close to the silent state.

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Personal Thoughts and Notes

Chapter 14

Visualization



Scott Cunningham explained visualization as “The art of using our brains to “see” what is not physically present...” But what is visualization really and why is it important to a Witch.

Well, now of days Visualization is a common aspect in modern Wicca and magic, however visualization was also a very powerful tool of older Witchcraft as well. If as Scott Cunningham says that visualization is “The art of using our brains to “see” what is not physically present” then to visualize is to see in ones mind what is not really there.

Visualization is a normal part of everyday life, some people do however visualize things better then others. Most often we visualize something we want or love with ease. For example you can often visualize your mom or dad’s face, or the face of your girlfriend or boyfriend, or brother or sister or best friend. Many of you may be able to visualize your favorite shirt, or pair of shoes. How about that new car you have been wanting forever it seems. Can you see it in your mind? What color it will be what the interior looks like, smells like?

Can you visualize things like that? Well, most of us can. And the visualization I am talking about here is not much different really.

You know if you want something, anything, a car or a candy bar, you need to set goals and achieve them to achieve what it is you want. So, goals are a part of visualization. Or rather visualization is a part of goals. If you can see it, really see it in your mind then it can be – IF you set the goals needed to achieve it and then do what it takes to reach those goals.

Visualization is a most wonderful tool for a witch, be they Wiccan Witch or pre-Gardner Witch. You see you can take that same visualization needed to set and reach goals to access astral levels, or other dimensions of existence. You see, through visualization you can create things, and even make things exist on the astral level. Visualization is used in casting circles, ritual, spells, astral projection, meditation, etc. It's very important to achieve good visualization skills if you want to be a Witch. You see Visualization is a major part of the Wiccan practices... you must be able to visualize a magic circle, and many other things. It is also a good tool for the more Traditional Witch because you will have to be able to visualize the spell and it's completion for successful spell work, or healing work as well.

How to Visualize

So, how do you visualize? I suggest you start small, and with something you are very familiar with. I would tell you to ground and center first, but actually you need to learn to visualize well before you can really ground well.

My suggestions and what works well for me is that you, like when meditating, make sure you have on comfortable close, not binding or too tight, and that you are in a place that you will not be disturbed. Soft music, non-vocal, may help you focus and not hear all the little sounds that will distract you when trying to visualize. Either lie down or find a comfy chair to curl up in and get your self in a comfy position. You will probably want to take a few deep and calming breaths or even do one of the breathing techniques to relax yourself. Once you are calm and relaxed then you are ready to start visualizing.

Visualization Exercise One

Ok once you are relaxed and you have done some simple breathing and you feel you are ready to start visualizing then start with something very simple first. Shapes.

Close your eyes, and visualize a circle, just a simple circle. Then try a square, four straight lines that are of equal length. If you can get a circle and a square pretty easy then move on, but if you can not get a

clear picture in your mind of these two then take a few days and keep trying until you can easily visualize both a circle and a square.

When you can see both the circle and square go to the next step. Don't just see a flat circle see a sphere, or a ball. Don't just see a flat square now move on and see a cube or a box.

Visualization Exercise Two

If you can get a lemon, or an orange it would be great for this first technique. Take the lemon, and look at it, look at the texture of it, the shape of it, the color of it. Smell it, what does it smell like. Really look at and let the lemon fill your senses. Now put the lemon aside. Sit back, relax, breath deep, and close your eyes. Then I want you to recreate that lemon in your mind. See the texture of the lemon, the color, the shape of that lemon in detail in your mind. Now go a step further and recreate the sent of the lemon as well. This is an easy and quick visualization technique and can help you build your skills. You can try this several times a day.

When you can actually visualize the lemon, its texture and color and even the sent of it then you can go to the next step. In your mind visualize peeling this lemon, the wetness of the lemon juice, the strong lemon sent once the lemon peel is broken. Then in your mind visualize tasting the lemon, the bitter tang of the lemon. Can you see it, smell it and taste it?

Visualization Exercise Three

Once you have advanced your Visualization Techniques this is another technique that can help you improve your skill. Imagine yourself in a wheat field. The sun is high in the sky, and there is a slight breeze. You have on only shorts and a short sleeve shirt. Can you feel the wheat dancing against your legs? Visualize the warmth of the sun on your limbs. Can you feel the breeze ruffling your hair? Lift your head high and smell the earth and the wheat, can you smell it? Do you feel the sun, and hear the wheat stalks dancing against each other. Can you hear birds in the area?

Visualization Exercise Four

With each exercise you will want to become more detailed in your visualization. This exercise is even more detailed than previous ones. Once you have relaxed and are ready to visualize close your eyes. For this exercise I want you visualize your self in a forest. Beautiful trees and foliage all around. Feel the moisture in the air. Hear the different birds, and the frogs, and bugs making the music of nature. There is a small waterfall near, hear the water splashing into the pool. Sit down with your back against a mighty oak tree. Feel the bark biting into your back, feel the grass and pebbles under your bottom. Feel the sun shifting through the canopy of leaves above and dancing on your skin.

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Feel the life all around you, become part of it, let it become part of you. Now I want you to go a step further and the tree that is at your back and the earth that is under you, I want you... YOU to become a part of it. Visualize yourself sinking into the earth, becoming part of the tree. Feel the earthworms moving in the dirt that is part of you. Feel the sap in the tree that is part of you. Are there bugs on the tree, on you?

Be part of the big picture; let it be part of you. Can you still hear the water, the birds?

Once you have successfully done this, then slowly separate yourself from the earth and from the tree and just be resting on the earth, and against the tree. This is a powerful visualization technique.

Often with visualization exercises you might even find yourself literally 'Out of Body'. This is another bonus of visualization, it does help you enhance skills that will help you with voluntary Astral Travel, and with Remote Viewing as well, but I will cover that more in later chapters.

Why Visualize

For now, each of the above visualization skills are very helpful in developing your visualization skills but lets look a little more at WHY you would need or want to visualize.

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We already covered this a small amount in stating that you need to be able to visualize to cast a circle if you utilize a circle. Visualization is a way to help you help yourself reach goals. Goals are things that you want, want to happen or not to happen in your life. Magic uses goals. You set forth what it is you want, or need and part of accomplishing that is visualizing the end result, as you want it. So why do you want to use visualization? It can help you on many levels, one, it can help you release stress because if you can visualize yourself in a peaceful place. You can for a time let go of the real world, and go to a place that does not have bills, and deadlines, or test and finals, no one screaming at you, or putting you down, making you not feel good enough. You can go to a place that is private, and peaceful, and let go of stress for a time. So visualization is a stress release for some.

Second, visualization can also aid you in Astral Travel, and Remote Viewing. And third, visualization is a very large and useful part of magic. So by being able to visualize well, you are increasing your magical abilities.

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Personal Thoughts and Notes

Chapter 15

Astral Travel, Mental Projection and Lucid Dreaming



Well in this new age world any witch that is worth his or her salt can astral travel at will right! I mean you hear about it in almost all the witchy type books you read, and you see it on the Internet and if you talk to witches in person nine out of ten are going to tell you that they can lay right down and be out and in the astral in less then five minutes flat! Whew, and Whoo hoo for them!

I guess I am the **only** Witch that has been practicing Witchcraft and or Wicca in combination of some sort for well over twenty years that will honestly *admit* that I am scared to death to travel astrally, willingly! Yeah when I was like fifteen I got *out* after only about three days of really trying. But the sensations when I willingly left my physical body behind scared the crap out of me! And for the past twenty years I have tried and tried and can not for the life of me willingly leave my physical body! Now I can mentally project with really great success, but I'll tell you about mental projection after we talk about astral projection.

Astral Projection

So what is astral projection? First lets look at the three different types of states that make up your whole being... this is loosely stated ok... I am not a psychologist. You have your Physical state, this is your actual body, you know the one you can see and touch and walk around in. Then you have your Mental body, which is the one that you think with and the one that works with the physical body to allow you to be able to walk around in. Then you have your Astral body, which has other fancy names, but we are going to keep it simple here ok. Anyway this Astral body is kind of like your soul or spirit body, but as long as your physical body is alive it is tied, literally to your physical body. Even if you discover the way to separate your astral form from your physical one they are still connected by this invisible thread, well it is not so invisible when you are in astral from what I am told!

Astral travel is WHEN you do separate your Astral body or form from your physical one. Plain and simple.

The astral planes are the levels that are not the physical level of this earth, but other levels... I think that some consider the Christian place called Heaven the highest level of the Astral planes. And there is a lower level that I have read as described much like hell.

Well I am not going bunches into those levels... but it is also in these places that the Fae have made their lands, and the Dragons as well. Anyway astral travel is a natural occurrence. WE all leave our

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physical body behind and go out on little astral vacations when our physical body is asleep. Now, I can not prove this, but let me ask you a few questions. Have you ever had a very vivid dream, with hot and cold and with scents and with textures and lots of sounds that you can remember upon waking? Most likely this was an astral trip that you remember, and probably do not remember five minutes after you are awake? Go figure?

Anyway like I said it is a natural occurrence and has been documented a lot over the many years. There are many good books out on how to do it and what it is and all as well.

Since I don't astral travel willingly I can not tell you much about it other than you need to relax, and not eat right before you are going to try to do it. You want your body to be as close to a restful state as possible with out actually being a sleep to do this willingly and in control. Do a relaxation exercise. I always start at my toes and work up to my head and let go of the stress and stray thoughts. Most of the time I fall asleep, and then astral travel, and try to remember my trips upon waking, sometimes I do. Sometimes I don't. Anyway again and again and again I have tried this, and for some it comes so easy! Relaxation, and then actually tell yourself you are going to separate your astral from your physical body. Or your Shell from your spirit. Relax, let go of the preconceived notions and just let happen what will happen.

When you are first heading out into the astral start small, get the feel of your astral body, and the astral world. You are not tied to the

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physical laws as your physical body is so you can learn to play. You are almost like a ghost, well, but you are still alive. When you are ready to return to your physical body just will your astral body with your thoughts right back to your physical.

Start small, like I said, and learn to protect yourself on the astral as well. There are all sorts of things on the other side!

Mental Projection

Mental projection is a lot like astral projection, but you stay in control of both physical body and your astral. I *can* mentally project, and I love to do this from time to time. It has been compared to day dreaming, but by far is not the same thing.

When you mentally project you are only taking a small portion of your astral body and sending it out to a place that you wish for it to be. I am in almost like a trance when I mentally project but I still know what is going on in the real world around me. And since I am the type of person that need to feel in control, I like to keep control, mental projection is a lot better for me to handle.

How do I do it... well not that I am older and have been doing it for a while it is nothing to do, I just sit down and get comfy and relax and focus, and out goes my mental projection to where I want it to be. I have helped people via long distance this way a time or two. Been able to tell a friend how her daughter was sleeping in the bed and

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describe the room, where the window was in the room in accurate detail. So yes mental projection works.

So how do you do it? In astral projection you are trying to separate your astral from the physical in a large chunk, in mental projection you want to do this on a more focused smaller scale. I don't recommend lying down for this, but you will have to find what works best for you. Once you are sitting and you have done a relaxation exercise then you will want to see a place in your mind, eyes closed, and then like a box or a window you are looking out of or into see yourself there, and then start seeing the detail, listening to the sound. Start with short projections and work your way up. Then you can have a friend or someone in different town and try to go see where they are and what they are doing. Remember ethics when doing this... I don't want someone projecting in on me when I am bathing or you know, using the potty!

If you need to know more there are great books on both mental and astral projection. The last thing I want to talk about is Lucid Dreaming.

Lucid Dreaming

Lucid dreaming can be used as a form of divination as well. What is it? It is controlling the dream-state you will enter. Almost like astral travel within your dream. I am fairly decent at this as well. When you are ready to go to sleep you simply start thinking about the place or

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thing it is you want to see or find out more about while you are still awake. You prepare your mindset to this thought or place and to go there, or figure something out within this dream state. When you fall asleep your astral and mental take over from the commands you gave them, and they take care of this, in a lucid dream state. Sometimes this is done while awake, but then it is more literally mental projection. Or kind of a combination of mental projection and dream state.

Well, I do hope this helps some?

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Personal Thoughts or Notes

Chapter 16

Protection



I tell you, now of days if you are not Grounding, Centering and Shielding fifty million times a day then you are practically not even a pagan according to some of these Wiccan and New Age books out there! If I Centered Shielded and I Grounded as much as some pagan books out there want me to I would not have much time for anything *practical* in my life!

Lets look at this, Grounding, Centering, and Shielding, what is it and why in the world do we need to do it, or do it so often! Well for starters, this Grounding stuff is something that is pretty new. Pagans of old, more Traditional Witchcraft Witches did not *need* to Ground. Why did Witches and Pagans of old not need to ground? Well, the bottom line is because they were already in-tune with the earth. In days gone by people were more in touch with the earth, there was more physical contact with the earth then we are today.

Witches and pagans of old walked from place to place or road a horse, and even if they were in a wagon. Honey, the ruts and bumps in the road and the smell of horse crap, and the occasional limb

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whacking you in the face or bug flying in your mouth kept you alert and in tune with the earth and your surroundings pretty well. The thing is Witches of old, were all ready GROUNDED because they were physically in contact with the earth on a daily basis. Gardening to grow food was a necessity, not a luxury, so hands were in the dirt, and weeding, and picking, physically touching and being apart of the earth and nature. There was never a real need to Ground ones self because they were already grounded. So you see this Grounding is a pretty new concept. As is the Centering and Shielding.

Now just because it is new, does not mean it is not helpful and useful. Even though I am a more Traditional Witch, I have learned a few valuable things from the time I was a practicing Wiccan as well. And I find that now of days, when most of us are NOT in-touch with the earth on a more intimate basis that there is an actual need for grounding. Possibly not as often as many of the Wiccan and New Age books would have me do it, but I do find it useful and helpful, and something important for a balanced Witch to know how to do.

So, just what in the world is grounding anyway? Well, lets take a look at it and some exercises that might help as well.

Grounding

Well, grounding hmmm. Even if you don't know much about electricity you should probably know that you have a live wire or hot wire, and a ground wire. The ground wire helps keep the electricity

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from going haywire, all over the place. It grounds it. Well now of days when you hear of Grounding it is similar to a ground wire, well at least in concept.

When you ground you literally want to calm yourself, and your own personal energies. How do you do this? Well you ground yourself, what does that sound like it means? Ground? The earth, the ground that we walk on is what I think of. So to Ground would be to literally become part of the earth, and to stop your own personal energies from going haywire. So, how in the world do you become part of the earth? Well, you *visualize* it! What follows are some Grounding Techniques that work well for me, maybe they will work for you as well.

Grounding Exercise One

When I am feeling frazzled, at the end of my rope, or like I am bouncing off the walls I do on occasion ground myself. How do I do this? Well, I will ground by sitting down or lying down in a comfortable position. Then I visualize my body, I guess more aptly, my astral body, a part of my astral body, most often my legs, extending and actually going down through the floor and into the ground. Becoming one with the earth, by doing this I can release my negativity energies, stress or pent up energies into the earth, become part of the earth and the earth's balance.

Grounding Exercise Two

Ok, I have been asked by some, well, what do you do if you don't live close to the ground, like if you live way up high in an apartment complex, what do you do then?

I have had students that have problems going through several floors to ground as described above. If you live high up you and you can not visualize well enough to go through several floors of space, or you don't wish to go through other peoples spaces then this exercise may work well for you.

What I would recommend is that you make a little area with plants and rocks indoors, in your home, or room. Bring the outdoors in doors you might say. You can use regular outdoor rocks, and crystals and such if you wish. Potted plants and a little water fountain or fish aquarium is great also, for these are elements of the earth and by placing them around your chair, or bed. You can reach out and touch the dirt of a plant, or the hardness of the rock and then visualize yourself being one with the earth, thus grounding your spiraling, stress, or emotions, calming down, and letting go. Just visualize yourself becoming part of the plant, the rock, the very earth, and feel your self grounding, relaxing, and balancing.

Grounding Exercise Three

So, you have access to the great outdoors, we all do this is a wonderful place to ground! Simply placing your hands on the ground for a moment and letting your self become part of the earth is a quick and easy form of grounding. If you live in a big city you can find soil around the trees the city has planted. Grounding can take second or many minutes it is up to you and how haywire you are feeling.

Grounding Exercise Four

So you don't have any dirt or trees around, and you just can not afford to go out and buy potted plants or fish aquariums. That is fine too... go out side and lean against the building you are in. Are you standing on concrete or asphalt? Leaning against brick or wood? Think about it – concrete is made from sand and stuff like crushed gravel, and it lays right on top of the dirt! Mother nature incorporates things like concrete and asphalt and bricks and blocks, and wood. These things become part of nature by association, and by having natural aspect already. So if you are leaning against a brick building standing on concrete walk way, you are practically touching the earth anyway. You have to get past the obstacles and be able to visualize yourself being part of the earth. Really, grounding is a very quick and easy thing. And if we did not allow ourselves to loose sight of nature

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and all of the beauty around us, we would not even have to ground!
Our forefathers did not have to!

Centering

Something else we here bitches about in the Neo-Pagan Circles, centering? Again, I find that from time to time centering is helpful, but it is not something that was actually part of more Traditional Witchcraft. This Grounding, and Centering stuff is just about as new as Wicca is. But, as I said, it is practical and useful from time to time, and something I do recommend that someone new to this path does know how to do. But what is it, and how do you do it?

Once you have successfully grounded you may find that from time to time you want to center yourself as well. There are many ways to do this, but what I will share with you here is what works best for me. Maybe it will help you, or help you develop your own way of centering. Why would you want to center? Well often after you have grounded it helps to center because you are kind of getting everything back on track. Getting focused again you might say.

Centering Exercise

After I have grounded sometimes I visualize a white light or light blue light surrounding and filling my body. I then, using visualization, draw this light from my head, up from my feet, in from my hands and

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arms to the center of my body which is somewhere between my belly button and my sexual center. This is Centering my self and my energies. Pulling them all to one place and centering them in my body. Then I like to take that white, or blue light an while it is shifting and shaping around in a ball in the center of my body, I change it. And I see it as a purple light, a soft purple light and I let it flow back through my body feeling me with calm, peace, and even healing. It only takes a few short moments, but you will notice a difference if you do this from time to time, or at lest I do notice a difference.

On the rare occasion that I cast a circle I actually love to do the above in my circle. To Ground, and Center before I invite the deities to my circle. I find that it is helpful for me. Often times I find that it helps to also ground at the end of a ritual where you may find you are filled with a lot of energy. By grounding at the end of the ritual you can give back to the earth some of the good energies to help heal it.

Shielding

Shielding is something I do believe that was done in times of old, but maybe in a different manner then that of today. I think that in days of old a Witch would shield not only to protect her or himself, but to also reinforce personal protection of oneself and of ones home and property. So, there are a couple types of shielding, but what is it?

Well if you use a shield what are you doing? You use it to protect yourself, to keep things from getting past the shield and harming you.

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Police officers, Military, and Knights alike have used shields for the same reasons, to protect themselves from objects that could cause them bodily harm. When shielding in the manner of a Witch, you are doing the same thing, except you are creating your own shield, it is not a physical one. So shielding is like creating a force field of protection out of energy, your energy and that of the world around you. As the Mesh Witches would say the energy of the Mesh.

Shielding Yourself

First lets look at shielding yourself, your personal body. There are many ways to do this, but I will share with you what works well for me. You don't have to do it the way I do, I am sharing my way so you will have a basic understanding, and may be able to figure out your own method of shielding.

The way I shield is first ground and then I center. The white light that I centered with and turned to purple I and sent back out through my body, I then visualize soft purple light flowing gently back out and around my body. I then see this light forming a protective shield around me a solid psychic barrier against many things.

What does shielding protect you from? Lower levels of psychic attack for one thing. If you are an Empath, which many Witches develop the skills of an Empath over time, but if you are one it helps you to block out the bombardment of emotions that you have to deal

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with on a daily basis. Personal Shielding is something that is done mentally, and only takes moments to do.

Shielding your Home or Property

Shielding your home or property is different from warding your home. I will cover that next. So why would you want to shield your home or property? For the same reasons you would want to shield yourself. Protection! When you shield your home or property, you are protecting all within a specific area. So how do you do this? Well, I have heard of different ways.

Simple Shielding

One way is to use the same type of shielding as when shielding your body, but on a much larger scale. Thing is this does not last long on larger areas and has to be reinforced often, like several times a day!

You simply extend the shield that you would use on your body. Visualize it expanding and spreading all the way around your room, home or property. Almost like a cloud around your home. Some see it as a sphere, or bubble. Thing is as I said this type of shielding does not last long.

Basket Weave Shielding

A different way to do this is instead of a sphere of bubble see it as a box, kind of like a shoe box. You will want to ground for this, and draw energy from the earth, from around you, and also use your own personal energy for this. It does take longer to do, and you must be able to visualize pretty good.

Once you are ready to visualize, this is what I do, visualize the energies you use to shield yourself instead of a cloud or a sphere see it as a rope, or a cord. See your space as a box and wrap the box with this cord. Round and round the box and on top and underneath the box as well. Once you have wrapped the box neatly with the cord go back with more cord and weave the cord through the other cords, like a basket weave, or that of a loom, weave them in and out, and over each other. This will take time and energy, and good visualization skills.

I would suggest that for several days in a row you build this weave around your room, home or property when you have time. This type of shielding does last longer, and is fairly easy to maintain. You just reinforce it once a week or so, and even less when it is strong and you are safe. Maybe twice a month you should reinforce the basket weave shield.

So, by shielding you can protect yourself and your property, and even those within your home. You can keep out unwanted emotions, and safe guard your home from astral attacks.

Another way to protect your home is through regular cleansings, and by warding.

Cleansing your Space

Why would you want to cleanse your space? Well the Christians do have the right of it when they say that cleanliness is next to godliness. By cleansing your space you are getting rid of negative vibes, or energies, that build up from arguments, or stress filled days. These are energies that you and others leave behind in your space. By getting rid of negativity and balancing your space again you can balance yourself again as well, and be in better control to protect yourself and loved ones and space.

So, how do you do a general cleansing? There are many ways it can be done but what follows is a basic way, and it works for me. Hope it helps you have a place to start. Cleansing starts honestly with general house cleaning! Clean it up! Pick up the clothes lying on the floor, the books and CD's that have a place but are not in them. Dishes, and toys, or what-nots. Clean it all up!

If you have carpet, I love this stuff Carpet Fresh has out, it is a sprinkle with cinnamon and spice sent, I would recommend that you sprinkle that on the carpet. Or if you like things that are safer, and non-toxic you could make your own sprinkle. Take cinnamon sticks, you can most often get these in the grocery store in the spice section, ground them up into a powder, and add them to baking soda and

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some salt, I actually prefer to make my own. After you have made your sprinkle or bought it then sprinkle that all over the carpet, and in the corners and then sprinkle some salt on top of that or you can just use the salt it need not be sea salt, table salt does the job just fine. I'd let that sit for a while. While that is sitting I would dust off every thing, and take a dust mop to the ceiling as well. Sweep any thing that need sweeping, get corners and closets as well and under the furniture also. Deposit the sweepings in a bag and take them off your property as soon as you can. Then I would vacuum the floors and I would deposit the bag out side of the house -take it off to a dumpster if possible along with the sweepings. If you have floor that needs to be mopped, I like to add a little salt to my mop water, not to much you don't want to ruin the floors and salt is abrasive.

After you have done a physical cleansing- vacuumed, dusted, swept, and mopped and picked up everything. This is a good time to take your besom, or magical broom and sweep the area out, this is a Wiccan concept, but I like it and utilize it from time to time. Do the sweeping above the floors and the not quite touching the ceilings and room and send it out a door to go outside so mother nature can take care of the vibes in the air.

After that is done I like to take my incense or if it is the FIRST cleansing of the year, I like to use sage first and then incense... both, I again like cinnamon for cleansing, but I like any spicy sent for cleansings. (Note, I like to bless a candle to burn the whole day that I clean. It burns before, during and after the cleansing) With the

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incense, I like stick version of incense or a large enough piece of sage to hold for this. I take it around the perimeter of every room, or the area I am cleansing paying attention to corners where negativity can build up, and special attention to doors, openings and windows. When I get to the doors and windows I like to draw a pentacle or a pentagram, or a cross, if I am doing a cleansing for a Christian, Just a pentagram for myself, and say something like:

“All negativity and evil must go away, only good can come and stay! Nothing evil can pass this way, only good can come this way!”

And I say this while I draw the pentagram in the air in front of windows and doors and openings. After you have done the physical cleaning, sweeping, dusting etc, and I have done the spiritual cleaning, the besom and the incense then I like to add a little protection by sprinkling holy/blessed water around pay attention to corners. And I like to sprinkle salt around.

Special note: when you do a cleansing, or protection ritual, you may want to include your yard if you have one.

I like invite the Lady and Lord in to my home to be apart of my life and home when I am near the ending of cleansings.

This is the way I do a general cleansing, and you can do it, or change it or not do it, but I hope it helps.

Well that is my cleansing applications. I like and try to do it in the spring, in the summer, and in the winter and fall. And anytime I feel it is needed. I like to do it on or near the full moon it seems to work a little better for me then

Cleansing for those with Asthma or Allergies.

Ok, there are those out there that have breathing problems that make using incense and some herbs and things nearly impossible. Asthma and Allergies make breathing in the heavy smoky tendrils of incense almost torture to the lungs, and the practice of Witchcraft or Wicca should never be harmful to the one practicing it! It should be peaceful and rewarding. So how do you cleans your space if you can not use the aromatic smoky tendrils of incense or sage? Wells you could still use the cleansing I provided here, only change a few things.

You can use Holy Water for one thing or you can use steaming potpourri. Steam is often less harsh on the lungs then the smoke is.

When it comes to cleaning your carpet I would not add the sweet scents, however if you do use powdered cinnamon and the backing soda and salt instead of any strong store bought mixes to shake on your floor.

I would also recommend that those of you with asthma and allergies, actually it is better for EVERYONE, if you use safer and less toxic cleaning and personal care products. It is healthier for you and for our planet as well. There will be a later chapter on Toxins and Carcinogens and some of their affects.

Warding

Warding, something that is very hard to find anything on? Maybe Warding is not really a important part of Wicca, for I can find next to nothing on it in most Wiccan books, but I know it was and is a part of more Traditional Witchcraft. It is also something that I do simply because it is another form of protection. One might say that Warding is a magical act that is performed to protect or guard a person, place, or thing.

Warding to protect a person is a lot like shielding, but it has a more specific purpose and intent then shielding does. Warding is a magical act of shielding or keeping from harm. Unlike shielding where you only use your personal energy and that of the world around you to shield and protect yourself, when warding often you use objects to help in the protection.

Warding of Land/ Property

For example, when I set wards for others I often ask them to go outside and find me four rocks, rocks that are just lying on the ground, rocks that they are drawn to, notice and choose. If they live in a city that is just too big to walk out and find rocks I tell them to go and buy them! Pet stores often have different size rocks for aquariums. Pagan or New Age stores most often have rocks, and places like Discover Planet and such often found in shopping malls have rocks. It is best if

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you can just walk out side and find the rocks. If they want to supply them and want to personally help me in the shielding then hair and or nail clippings such as finger nail or toe nail clippings work wonderfully with the rocks or with out the rocks if you use a personal item instead of the rocks.

I take the clippings, hair and or rocks and I start in the northern corner of the property if they want the land protected, or of the home or room that they want protected. If it is outdoors, I literally take the items and at each corner of the property I place these items a few inches below the surface. Yep I just dig a little hole and drop the items in, clippings, hair, one rock, or all of them, into a hole and cover them up. Then I proceed to the next corner of the property and do the same thing. I also say a little spell at each corner when I have buried the items. Something along the lines of:

“Protect this place, protect this line.
Protect all within though space and time.
Keep evil, sickness and harm at bay.
As I mote it, as I say.”

Warding is easy, and simple, and powerful. But wards can be breached and broken over time. So warding, just like shielding needs to be reinforced from time to time.

One of the longest lasting forms of warding I use is by using the same situation as above for warding property, and instead of the

clippings, or rocks, I use hair that the person freely shares, and either a seed, or a seedling, or plant. I dig the hole for the seedling or plant, and I lay the hair in the hole and then plant the seedling or plant on top of the hair. I still use something similar in words over the spot as those above *“Protect this place, protect this line”*. I say line because I walk a line from one corner of the property to the other corner, that is the line I want protected.

Warding of Home/Room

When warding a room, home or place of business it is a little different then warding the property. If it is a home, I do like to use stones, more often agates. I love agates. Agates can be ordered online most often from metaphysical stores and New Age Stores. If you can't get agates, or crystals, then simply rocks that the person you are doing the warding for, most often yourself, selects. Small rocks, little pebbles actually work well in the home.

I take the pebbles and I place them above window casings, and door frames. I place them in the corners of each room I am warding. And at all of these places I also set the shield. How do you set the shield, well that is when I say the little spell/or prayer depending on who I am doing this for. I often say the same thing as I use for the Property or land warding. It is simple, and easy, and it is the intent that works most. Again warding like shielding needs to be reinforced from time to time. IF you do the warding yourself, for yourself once

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you learn to actually *feel* the environment around you, you will be able to detect when the wards are weakening or have been crossed or broken.

To ward a Person

To ward a person is not so easy. Warding is like I said, another form of protection. When you ward you are preventing something from happening or keeping someone from harm via the wards. Kind of like warding off sickness by taken a daily vitamin or by taken care of yourself physically and mentally. Warding is preventative magic.

I do not like to ward people, and I feel no real need to ward myself that often now that I am older. But in my younger days if I felt need to ward myself I would find a pendent, or I love stones, so I would find a stone, or silver, a shiny reflective piece of silver, and make it into a necklace. You can purchase stones that are all ready to place on a chain or string around the neck or on the wrist. Just empower the pendent, stone, or item with the intent of protection, and I also like to add... reflecting to that. It is just as easy to reflect an ill intent back then to just ward it off.

Note to Wiccans, some see a reflection spell or reflecting ward as ill intent or harm and will not do it for they perceive it as breaking the law or “harm none”. Since I am a more Traditional Witch, I have to say this. If some one set out to harm you first, with ill intent or whatever, then it is first, your personal right as a human, and second,

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your right as a practicing Witch, to protect yourself in ANY way shape or form that you can. A ward or reflecting ward is not created with the intent to harm another, only to protect yourself.

To charge or set the ward of a piece of jewelry I like to say something such as follows:

“I set this ward upon this charm to keep me safe from strife and harm.

*By the earth, the seas, and sky above, I set this ward with life and
love.*

Though day and night safe keep me, as I will it so mote it be!”

Why would you need to ward yourself? Well there are a lot of folks out there that do not realize there is such power in a simple thought, or the written word. Psychic Attacks. And there is a lot that can be directed at you with out the other person realizing just what they are doing. Girls that are jealous of other girls, often thing curl and hateful thoughts, especially through the teen years and guys that are jealous do the same thing. If you make someone mad, hurt their feelings, it is easy for them to send out harmful thoughts to you and not even realize the impact of those thoughts. It is always better to be safe then sorry. Oh, and guard your own thoughts!

Psychic Attacks and Emotional Vampires

Ok I kind of covered Psychic Attacks above, but let's look at it a little more. Most often psychic attacks are weak, and the one doing it does not often realize just what they are doing. Like I said, most folks don't realize there is such power in thought and word, let alone deed. So most psychic attacks are so weak they do you no harm. Maybe irritate you, but not much more. However there are those that do attack on psychic levels, and also astral levels.

Those that intentionally and with some skill that attack psychically can cause you physical harm, but this is really a rare thing. There are those that are persistent, and the attack can cause such things as headaches, and stomachs. Other attacks can make you weak and you wind up with a common cold or such, but this is as I said, a rare thing. There are honestly just not that many folks out there that have that kind of mental control, however the numbers are slowly growing as people learn to meditate, and visualize and more and more folks are learning the basics of magic and manipulation. So it is better to be safe than sorry. Be safe by shielding yourself from time to time, listening to your gut! Your gut never lies to you. And by warding yourself if you feel the need. You can also protect yourself by being healthy mentally, physically and spiritually. Prevention is a powerful thing... so take care of yourself!

As for the "Emotional Vampire", they are real, and this is a term that was popularized by Anton LaVey, in his controversial book, *The*

Satanic Bible, for people who thrive on sucking the emotional energy from others. This is a real thing. There are many folks out there that do not even realize that they are stealing or drawing on your energy, but there are just as many out there that do know what they are doing. This is something that Shielding and Warding yourself can help prevent, someone else stealing your energies, or directing ill thoughts at you that could manifest in harmful ways.

I will cover Emotional Vampires also known today as Psychic Vampires or Psy Vampires in the section dealing with Vampires. For now I want you to realize that psychic attacks are not as common as some folks would like for you to believe. Yes there are people out there every day that send an ill thought your way because you got their parking place, or they feel that you have something that they deserve, or for a million other little and pretty stupid reasons. But the fact is that they do send ill thoughts your way, which is in a small way, a psychic attack. Thing is unless they are doing it with the actual INTENT of harming you, then the attack has little effect on you. Note I did not say NO effect on you I said little effect on you. And with the use of Shielding and or Warding you are pretty safe from the average attacks. You are also most often more aware of your

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Personal Notes and Thoughts

Chapter 17

Tools, Trinkets, and other Witchy Stuff



Ohhh the fun stuff! The tools and the trinkets, cool accessories and the clothes of a Witch! The Witchy stuff that sets the path of Witchcraft and the Religion of Wicca aside from more mainstream religions right? Well the Witchy tools and stuff may not be so set apart from other paths as you may think. Many of the very same type tools and trinkets of a Witch are found in, you won't believe this, the Christian religion! Yep it's true, things like bells, and incense burners, the chalice, and even candles are not just part of the more pagan paths, but are also part of the Christian rituals to, especially the Catholic practices!

Now, what I want you to know right off the bat is that it is my own personal opinion that you do not need tools, at all. But I also believe that it is good for a balanced Witch to have a working knowledge, a real understanding of the tools of the trade you might say. I have to admit that most Witches do like to have at least a *few* accessories of the Craft around, even if they don't *need* them, and many Witches do find the necessity for a few tools from time to time.

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But please remember that *you do not* have to have tools to be a competent and balanced practicing or good Witch! You don't need the tools to make the magic, and you don't need the tools to perform magic, or ritual... but.

Yep there was a but, so but what? But the tools often do **help** *some* practitioners. Why would you need a tool? Well, let's be honest here - there are some folks that just can not *focus*, or stay focused on a situation or thing for any amount of time. And there are others that just can't seem to get their mind in the right frame to perform magic. So, sometimes the 'tools' and other witchy stuff do help. It helps some practitioners to focus, and to get in the right frame of mind for a ritual, or magical working. But then again so do meditation, grounding and visualization, help you to focus and get in the right frame of mind. But until you develop good meditation skills, sometimes the tools do help with focus, and mind frame. And like I said, it is good for a balanced practicing solitary Witch to have a good working knowledge of the tools. However the bottom line is - you just don't *have* to have the tools, and the trinkets and the cloaks, or jewelry to be a very successful and powerful Witch or magic user and that is the truth. And anyone that tells you that you just have to have an expensive Athame, or Sword, or Chalice to perform powerful magic or to be a Witch then they are just full of stinking bull crap! Full of malarkey! I mean think about it ok.

Do you really think that in days of old a practicing Witch would have gotten caught with an Athame, or a Pentacle or incense burner?

No I fully doubt it. When even less proof could have you in the stocks, or in prison, or even lynched right away for the crime of practicing witchcraft. I mean just really stop and think about it, do you really think that ancient pagans and Witches had elaborate Athames or Grimoires, or fancy crystal tipped wands back in the good old days? NO, not only could they not afford one monetarily, they could not afford to get caught with one and be named a witch and then be tried as a Witch. The Witch-Craze was a very real thing, and is still in the minds of most practicing Witches today, a part of history that we do not want to ever relive. Does this mean that there were NO tools, or Grimoires, or sacred items? No it does not, it just means that they were most likely a heck of a lot more *simple* in years gone by, and that there were not so many of them. And the ones that have made it through time, are still kept secret and sacred by the owners.

Anyway I have included this section on tools here because I think it is important to know of the tools, and what they are for but in this section. I am also going to tell you what you can use instead of a tool with each tool I have listed here if there is a substitute ok!

Tools

Altar

Some Witches do and so Witches do not use altars. Some have permanent altars and others set up a unique altar for each individual working of magic or ritual. I seldom use an altar, but from time to

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time find a need for one. I do not have a permanent altar set up for I need no religious symbol, or altar to be a deeply spiritual person. However it seems very important in the Wiccan religion to have a proper altar.

So how do you set and altar up and what do you use for an altar? Well actually my very first altar was a shelf in my closet! But I found that it was too small for all my witchy needs! So I later graduated to a cardboard box with a towel that I had cleansed and used only for my altar. Then as the years passed and I felt a need for an altar proper, when I discovered Wicca, I actually built an altar, with help from my dad, that did not know what it was for. It was in an octagon shape. And I did not stain the beautiful piece of wood on it, I left it natural so all the grain work could be seen.

I have two solid brass pentacle, you know just the star, candle stick holders that I placed on this altar with candles for Goddess and God. I had a bowl of salt, an incense burner, a bowl of water, my Athame, wand, pentacle and acorns, small stones and small shells on my altar.

I placed the Goddess type items to the left and the God type items to the right and those that were universal in the middle. For example I placed my Pentacle in the center, my incense burner on the right and the water on the left. The other items, the acorns were for the God, and the Shells for the Goddess. I did not have elaborate symbols; I like to keep things simple and close to nature. By the way, I have

never had a solitary out door altar, when I am outside I never feel a need for trappings.

Scott Cunningham has a wonderful diagram on how to set up an altar and the why and what for's of it. I personally think that the manner in which you set up your altar should be personal and private to you, and that it should also be practical to you. You see those amazing brass candle stick holders I have are kind of tall so I would not place them near the front of my altar where I would be working and moving things about. Just use common sense. I know it sounds cheesy from time to time, but seriously when it comes to religion, any religion, you just need to do what feels right to you, that is what makes it a personal religion!

Altar Cloths

So, what is an altar cloth and why would you need one? Well if you are a Witch that does not use an altar guess what, you don't need an altar cloth. But if you do have an altar or you use an altar set up for ritual and spells, then some witches *do* use an altar cloth. It is just what it sounds like, a piece of cloth that covers your altar.

Now this cloth can be simple as a plain piece of white cotton with nothing at all on it. Or it can be more elaborate like something that you make that has symbols and words on it. Or it can be a cloth that you purchase from an occult or new age store that can be quite beautiful and expensive.

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My own first altar cloth was a cotton towel! Yeah, it was clean and really simple, and I still have that towel to this day because once I did use it for an altar cloth I never used it for anything that was not of Witchy purposes. Anyway another thing you can use for your altar cloth is fabric from like a fabric stores, you know the ones that have the bolts or rolls of fabric to make clothes and stuff. Fabric stores have some beautiful cloth and you can get a yard or so what ever amount you need to cover your altar. Get this - there is a type of glue that you can use if you can't sew. I can not sew worth a lick. So if you are like me and you can not sew and you feel a need to make the seems look all nice and smooth and finished most fabric stores have a glue and it is called '***Stitch Witchery***' you simply have got to love it! And you just iron your edges down and then run a bead of glue down under the part you have folded back to make the finished edge! Cheap, and beautiful!

If you are lucky enough to have a stone or wood altar top then you may not want to cover that up. On one altar I had it had an unfinished, sanded wood top with the most beautiful wood grain design on it that I just did not want to cover it up so you see you do not have to have an altar cloth or an expensive one. If you do use one, purchase one or make an altar cloth or improvise, make sure it is clean and cleansed. Meaning make sure it is washed and clean, but also make sure that it is spiritually cleansed of others influence via handling and vibrations and things.

Athame/ Witch Knife/Witch Blade

Ok, an Athame to Wiccans is most often considered to be a decorative two edged knife. Most Wiccans say that you NEVER use an Athame as a weapon, or to draw blood, or to cut anything. To Wiccans an Athame is used only symbolically. An Athame in a Wiccans tool chest is most often also going to be a dull blade, meaning it is not sharp and not designed for cutting.

Now, there are Witches that are *not* Wiccan that *will* and do use the Athame to draw blood, a little prick of the skin, or a gentle slicing of the skin, not to kill babies or animals and stuff!!! You will discover that many more Traditional Witches that do have a knife often do not refer to it as an Athame, but as a Witch Knife, or Witch Blade more often then they will use the term Athame. And you will also discover that unlike the dull Athame of a Wiccan, that many more Traditional Witches Blades are finely honed and very, very sharp.

The Athame and Witch Blade are sometimes both considered a representation of the male phallus and so this tool is considered a male object.

The Athame may be used by some Wiccans and Witches a like for many different reasons. For Wiccans the biggest and most important use of the Athame is that of performing 'The Great Rite'. Personally I feel it is an amazing tool for directing energy, and it is just the perfect size to help in casting a circle. However other uses for an Athame could be to help a Witch earth energy after a ritual or spell.

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What does that mean, Earth energy?

Well when you do magical work with a coven, or alone, you most often draw to you or call up, or what ever you want to call it a LOT of energy. Some refer to this energy as the Cone of Power, or Drawing Down the Moon, and others simply call it what it is...energy, what ever you call it, right now I am going to refer to it as energy. You raise or draw to you a lot of energy during a ritual or magic working, and often you do not use all that you have drawn to you so you need to do something with that energy.

Anyway, some Witches do not like the 'Feeling' of so much energy bouncing around within them and or around them. So they will hold the Athame in both hands and literally drive the Athame into the Earth be it a large pot of dirt, or into a flowing stream, or a flower bed or whatever to ground the Athame into the earth. This directs the energies that are extra, energy that often cause some witches to want to bounce off the walls after a ritual or magical working because of the excess amount of it flowing so they earth the energy and direct it into the earth. It is beneficial to the earth. You have to remember no matter if a Witch just did an amazing healing and there was energy to spare, or if she or he just preformed a black magic spell the energy is not good or bad, black or white it is just energy plain and simple.

Ok a few other things an Athame or more accurately a Witch Blade, can be used for is simply to inscribe words or symbols onto candles, cut herbs for spell-craft, carve or shape a candle, and or yes, to draw blood.

Now, a little note: if you are a Wiccan, you will probably *only* use your Athame for a few things, and one would never be to draw blood, yours or anyone else's. Wiccans most often do not use the Athame to cut *anything*. This note is for Wiccans, because as I said, many Witches view this tool in different ways.

So, if you don't have or can not afford an Athame or Witch Blade what do you do? One, you could make one. Raymond Buckland's "Complete Book of Witchcraft" has a very detailed section on HOW to make many of the tools. So, you can make one or you can, for most of the things you would use an Athame for, like casting a circle or even the symbolic 'Great Rite' you can use your finger! Or even better your whole hand! Now I know that you can not cut herbs, or shape a candle wax, or inscribe with your hand, but you don't need an Athame to do any of that any way you could use something else.

The point is, your hand is a VERY powerful tool in and of itself and it can very easily direct energies, cast a circle and even help to earth energy just by laying your palm flat on the ground, or in running water. The hand is a very powerful and magical tool and most of us have a hand or two! I personally feel that way too much emphasis is being placed in the tools today, when you simply do not have to have them!

Bell

A bell is just what it claims to be a bell! Different witches use a bell for different things. Some Witches use a bell to call the quarters,

elements or elementals and to let the elements or elementals know the ritual is at an end and they may return to whence they came. The bell is feminine in nature.

There are many bells out there that you can buy. And if you are handy with metals or clay or glass you can make yourself a bell. But you don't have to have one. If you can not afford a bell, or you just have not found one that 'feels' right to you, then you can simply call the quarters verbally you know with your own mouth and words, no bell needed. I love bells, and wind chimes for that matter, but I seldom use one in my rituals, not even in my younger and more Wiccan days.

Bolline

A Bolline is a knife that according to Wiccans is often it is a white handled knife. This is just a little knife that is normally only sharp on one side of the blade and it is used for your basic cutting - cutting herbs, thread, cords, candles wet clay, what ever. It is considered more of a work knife, not like the Athame that is more of a symbolic knife.

Now, I don't know many more Traditional witches that have a Bolline, they either use their Witch Blade, for the purpose of cutting what needs cut, or they, like I use a simple household knife. I personally rather using scissors to cut herbs, flowers, thread, and cords, it is just more practical.

Book of Shadows

Ok, some folks consider a Book of Shadows a tool, and I guess that in many ways it is. I am not going to go over a BOS much here because it has already been covered in a previous chapter. As a tool, the purpose a Book of Shadows is a book that you put together, purchase or make to put things like spells, correspondences, and other Craft or magic related tid bits in.

It can be an elaborate hand tooled leather bound book with parchment paper in it, or it can be a ringed notebook binder with notebook paper in it, or it can be on your computer. It is a tool in the sense that it has *valuable information* in it for ritual and spells and such.

Since Wiccans like for ritual to be more elaborate, and detailed, and in order it is often recommend that a Wiccan Witch write his or her whole ritual down first before carrying it out. This is where the BOS is handy for Wiccans as a tool, in the circle. If you write your ritual out in full, the best place to place a finished copy of it would be in your BOS, and then to carry your BOS into the circle with you to use as an aid, or tool in your ritual.

Now since more Traditional pre-Gardner Witches ritual are more spontaneous, and free flowing, there is no need for a BOS in the capacity that Wiccans might use it. However it is still good to have it with you in the circle, you never know when you might use an old spell, or need reference to a different deity to help you out, and these are things that should be in your BOS.

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I still have my first BOS it was a medium sized ringed notebook with sections in it, black. I still have it. I love to look back at it and see how much I have changed and grew over the many years, and in my opinion for the better. Another note, I never had a BOS until I started practicing Wicca, previous to my Wiccan studies, I had always feared writing anything Witchy down, it was just not something my family did much. Most spells were only used ONE time, and so there was no need to keep it for later use or so I grew up believing. NOW I see where I can take an old spell and improve upon it!

Ok can't afford a book of shadows. Well I still recommend that you go out and buy a cheap two or three dollar spiral notebook then, or a less then two dollar pack of note book paper and tie it together with a shoe lace or yarn or something. Because you do need to keep notes, and write things down, one of the main reasons to write things down is to learn from your practicing what works best, what does not seem to work and what works but takes time. Notes are important in magical workings. You also may need a place to keep your spells or your poems.

Broom or Besom

A Broom or a Besom is most often a simple boom. You can make one, or you can buy the simple cinnamon ones they make or one out of straw. A broom is used by some witches to literally sweep an area clean of negativity or symbolically used to sweep away negativity in the area you plan to do a ritual or magical working in. Personally I use

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my regular house broom to do the physical sweeping, and well, honestly my Besom is now more for decoration, hanging on the wall then for any spiritual sweeping. I use my will to clean any negativity from my space and home. I visualize any negativity flying out the windows, and doors with a good gust of wind from me, so instead of a besom I use 'Breath' my breath. You see, you are equipped with every tool you'll ever need YOU.

I have a cheap little twelve or fourteen inch stick broom made out of cinnamon for my first broom, still have it, no sent now, but it only cost a few bucks.

Can't afford one, or make one, you can use your hands or your breath to sweep away the negativity as well.

Cauldron

The cauldron, doesn't it look like a pregnant ladies belly! Ok a cauldron is most often used to burn things in. It is a fire safe vessel that you can literally set fire to things and drop into it with out worrying that you are going to catch something on fire. I have burned spells that I have written out, or herbs. It can also be used to mix things in, and even cook stuff in if you have one that is safe to cook in. I do most of my cooking in the kitchen, in pans that I know are safe for that purpose. Most cast iron cooking cauldrons are expensive, but you can find the tiny ones as well.

But if you don't have a cauldron, hey use a ceramic bowl, or a glass bowl. They work too! Use your head, anything that will not

catch on fire will work, but don't use things like plastic, or cardboard. Be safe.

A cauldron can also hold water or holy water if you want it to. And as a dear friend of mine, *TranquilStar*, suggested I should also add not to leave water for too long in a cast iron cauldron for it WILL rust it!

Crystal Ball

IF you use a Crystal ball it will be for divination/ scrying. The crystal ball has been used for many centuries. However it takes a special talent to divine using a crystal ball. You will notice that out of all of the divination accessories and ways that there are you will discover that some of them work well for one witch and not the other. We all have special talents and skills that we develop. You will out of trial and error discover the ones that work best for you and feel right to you.

Candles

Candles are, to me, just amazing. I mean what else can you have that is a representation of all the elements at one time! Fire, is of course the fire. Water, is the melted wax in liquid form. Air is the smoke or sent or both of the candle and earth is the candles solid wax form. I will cover much more on candle in the Candle Magic section.

Anyway candles truly have many different uses a few of are:

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- ❖ First and foremost is for spells!
- ❖ Then they are also a needed source of light much of the time the only source of light.
- ❖ They can be representative of Deities or Elements in shape or color.
- ❖ Many of them are aromatic and soothing in sent and candles can be used as aromoatherapy.
- ❖ Candles may be used divination tool as well.

There is nothing you can use in substitute of a candle. But you can buy some pretty cheap ones out there. Or you can make your own.

Chalice or Cup or Horn

A Chalice is a goblet or wine glass or simply a cup. It can be very simple or very decorative. The Chalice is a female tool. The chalice can be used for many things, it may be used on an altar to represent the element of water and it can be used to drink wine, juice or cider out of during or after a ceremony. It is also the other half needed for the symbolic “*Great Rite*”.

Now if you just can’t afford to rush out and purchase that beautiful gold, or sliver Chalice encrusted with jewels, then don’t worry! You can go to the local Dollar store or Wal-Mart and purchase a cheap pair of wineglasses. Or you can simply use a glass that you already have in your home. When I used to set up an altar I did not for the longest time have a Chalice and I simply used a drinking glass.

Then I moved up to a gold rimed Wineglass. Now I have a beautiful blue goblet with a silver Celtic knotted pentacle on it.

Herbs

Herbs are sometimes considered tools since they aid in different things. You can use herbs for cleansing, and for making potpourris out of. Herbs are used in healing and making poultices and tinctures, and for aid in healing spells. Herbs are also used in other magical practices as aids.

Mirrors and Reflective Surfaces

Mirrors are a part of Witchcraft as well. In days of old one was too poor to purchase a silver backed mirror then they would use things such as a dark bowl with water or a pond of sorts to view themselves and other things such as the future or the past in. Today we can simply buy mirrors that have dark surfaces to gaze upon for scrying, and the silver backed mirrors are no longer expensive and can be bought for mere dimes from time to time. Anyway mirrors are good for many things, scrying, however it takes time and practice for most to scry in a mirror or crystal ball for that matter. The biggest things I like to use mirrors for protection. You see mirrors reflect, so it is the easiest thing I have found to send back some crap that others may send your way. I am breaking no Wiccan code of honor when I use a mirror to simply reflect back what another has sent out to cause harm to me. If it reflects back to them and causes them harm, then it is not

my fault, it is their own magic and intent that harmed them, not mine. I use mirrors for protections spells, for sending back curses and hexes and any other bad stuff sent my way, and for many other things. Yes a Mirror is an important tool to me.

Mortar and Pestle

A Mortar and Pestle is nothing much more then a bowl and a stirring stick. Well it is a little more then that. A Mortar is a bowl, but it is like a thick glass or clay bowl, and a pestle is used to grind up things, so it is like a handle with a ball on the end. The Mortar and pestle are tools used to crush herbs up, and other things to add to potions, and stuff.

Pentacle or Pentagram

What is the Pentacle? Well it is a symbol if you want to know the truth. Just as a Cross is a Christian symbol, the Pentacle is a very spiritual symbol to a practicing Witch. The Pentacle and Pentagram are probably the most misunderstood part of the craft due to the negative knowledge of its association with Satanism and Demon worship, which are not the same things I might add. Actually it is an inverted pentacle that is part of Satanism and it is called a Baphomet. A Baphomet is NOT the same as a Pentacle. And Satanism is not what most folks think it is, check out the section on Satanism in this book to see what I mean.

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The Pentacle or Pentagram whichever you choose to call it, is a symbol of the Wiccan religion and is a symbol that is sacred to Traditional Witchcraft as well. Because it represents the very earth we live on, the air we breath the fire that warms us and cooks our food and the water that we clean ourselves and many important things in our life with. It also represents spirit (also know as akasha)

It is also said that the Pentagram used to be a Christian symbol that represented the wounds that Christ received while on the cross.

In a sense the Pentacle or Pentagram is the Wiccan cross. It is a symbol of protection and belief.

The Pentagram is a five point star where as the Pentacle is the five point star with in a circle. I was actually taught that it was the Pentacle that was simply the five point star and that the Pentagram was the five point star with the circle around it. However I have also hear that a Pentacle is the five point start with *one* point UP and the Pentagram is the five point star with *two* points UP. So I guess as with much of everything else when it comes to this faith the end result will be what YOU decide it means to YOU, and let's not for get... INTENT. These two terms have become interchangeable of late. Pretty much meaning that either or can be seen as just the star or the star with the circle around it. So you see there is no Devil or Satan worship when a Witch sees a pentacle, only spiritual beauty and a bonding with Earth, Air, Fire, Water, and Spirit.

Ok, the Pentagram is actually just a five-point star. It apparently dates back thousands of years - roughly about 3500 BC. It has been

called such things as the Druid's Foot and the Witches' Star, but it is simply a five pointed star that represents most often

The Pentagram is a five- point star *within* a circle. The Pentacle and Pentagram both are often worn as jewelry and used on the altar for spell work. For now as a tool the Pentacle or Pentagram is used as a place to cleanse things and or simply for protection within the circle.

If you figure out how to astral travel, then the pentacle is one of the things you may want to learn to take with you on your little trips, because it can be used as a shield, and simply for protection.

As jewelry it can be cleansed and blessed and warded and bring protection, wisdom, and empowerment. Or it can be worn as the Christians wear a cross, just as a symbol of your faith.

On my very first altar so many, many years ago, when I was very young, I used a white piece of paper that I had used glue to draw the pentacle and then put glitter on top of the glue. I also wrote in one of the old alphabets a blessing on it. Whew, that was a long time ago!

You can lay things on the pentacle until you are ready to use them in a way to keep them cleansed, or to protect them.

Rattle

There are some that will use a Rattle in ritual. It seems that the rattle is often used as a cleansing or banishing tool and is a representation of air.

Rain Stick

I am not sure, but I believe that the Rain stick is more Native American oriented here in the states, but it was actually from a more South American country in origin. This Rain Pipe or Rain Stick, if you have ever heard one, they sound just like falling rain! I love them, but they do tend to be fairly expensive.

This tool is wonderful for calling the element of water. It is such a soothing and tranquil sound, that it is actually worth the price. However if you can not afford one, you can make a similar version.

If you can find some bamboo, or something similar that is hollow. Drill very small holes in it, in these holes place tooth picks, and glue them there. This will go down the length of the hollow bamboo. Once the tooth picks have been stuck inside of it, then and are glued, snip the ends off that are sticking out. Then cover one end with cloth, or some animal hide and tie it tight, like a drum. Then pour small seeds, or small beans into the tube. Hold your hand over the uncovered end and flip the bamboo several times and listen to the effect. If it does not seem like enough seeds to make it sound like rain, add more. Small seeds work best.

Skulls

Skulls of either animals or sometimes human are also a tool that is used more often in more Traditional Witchcraft rather than Wicca.

Stang, Staff

Actually the Stang is more of a tool used in some European traditions of Witchcraft. It is often the primary working tool of a Coven. The Stang, may be seen in different forms. It may appear to be a simple forked walking stick, or you might find a few now of days that are a lot more elaborate. Some may be found with as wooden cross that might be adorned atop with either forked branch, or a male deer skull. Some Stangs are kind of like tiki touches, I know that sounds cheesy, but it seems that some can be placed in the ground, and a light is hung between the fork of the two branches. The light is placed between the either the fork of the branches or on the antlers of animals are used instead.

The Stang is a male representation, and is often considered to represents the presence of the Lord or God, or Guardian.

Often it is considered most proper for the Stang to be placed to the north of the altar. However there are some Traditions that will move there stang in accordance with the seasonal changes. It appears that the Stang's that are placed according to the seasons are often dressed with flowers, and herbs that are good representations of that specific season.

Stave or Staff

It seems that a Stave is quite similar to a staff. It can be used in the same capacity of a sword. To direct energies, and earth energies. It is masculine in nature and attributed to Fire or Spirit. If you practice

outdoors and may be happened upon the Stave or Staff honestly is more practical then carrying a sword. It is inconspicuous and it is not seen as a weapon.

Stones and Crystals

Stones and crystals are just like herbs, they are aids in your ritual, or magic. I do use Stones and Crystals much more then many other things. I love things that have a real connection to the earth as Stones, Crystals and Herbs do, where as my Witch Blade may sit and collect dust for many moons at a time, my stones are very useful to me. Stones can be used to aid in healings, protections and many other things.

Sword

The sword is very similar to the Athame or Witch Blade, only on a much lager scale, and it is often considered very masculine. The sword can be used as the Athame can be in casting a circle, or cutting a door in a circle that has already been cast. Swords are often used in some initiations, in the manner that they were used in the days of old when a man would be knighted. Swords like the Athame's of today tend to be elaborately dressed with jewels and inscriptions. I do not personally have a sword, but my on Witch Blade is very, very simple.

Wand

A wand is another tool that can be used in the same manner of as an Athame, Sword, or Staff often is. The wand is wonderful to use to help cast the circle, or to direct energies.

A wand can be very elaborate with all the fancy jewels or stones on it or it can be like mine, a simple and small branch off of an apple tree I found after a storm. My wand was a gift to me from nature, and I have left it... Natural!

Today I see wands in New Age or Pagan Stores that cost enormous amounts of money and the fact is IF you need a fancy and decorated wand, it is easy and a lot cheaper to do it yourself! Hot glue on stones and crystals, or use wire to put them on. Or if you have money to burn and you just have to have a certain wand, go for it, it is totally up to you.

Bottom line about the tools

The bottom line, tools can be helpful, useful, and very beautiful in many ways, but you do not have to have a single one, other than your own self.

Another bit of advice when it comes to tools, make sure you find, make, or purchase tools that feel right to you. The one and only draw back about ordering your tools, you can not feel them, touch them, measure them before you purchase them. It really does help if you can

lay your hands on the tool first, feel the weight of it, and really see if it is what you want and are drawn to.

Cleansing and Consecrating Tools

When you purchase a tool you need to clean it, and make it your own. Why would a brand new tool need to be cleaned? Well the fact is that in this present day and age the tools that you purchase, and even the things you may purchase to make your tools with have been touched by those that have *made* them first. Those that packaged them, those that shipped them from the place of making, to the place to be sold, have touched them. There are those that touched the packaging that they were shipped in from one place to another, and then there were those that unpacked them. Then you purchased the object, whether it is an Athame a candle, a piece of cloth, or dried herbs, all of it has been touched by others. And through this touching, the presence or energies of others have been influencing the object from point A to point B to YOU. All of this handling left residual energy from each person that have handled the object. These residual energies need to be cleaned off. The object to be used in a ritual or magical manner needs to be clean, and you also want to make sure any tool or ritual object or any object meant to be used for magical reasons to be clean of all *other* influences, residual or not.

Yes this is mostly a Wiccan concept, however I think that it is a very important thing for any Witch or magic user. Witches of old did

know that their tools, even if they were simple kitchen tools, needed to always be clean and well taken care of. But they did not have to worry so much about residual energies on their things because in the days of old, the Witch grew his or her own herbs, often forged or had knives forged for them, where as only one other person touched the knife before them. So you see in days of old, cleansing things was not such a big deal. But as the years have passed many Witches, Wiccan and more Traditional pre-Gardner Witches as well realized that things needed to be cleaned and kept clean.

If you use a pot to cook a stew in, when the stew is all gone, the pot needs to be cleaned right? If not the next time you want to cook a stew the pot will be all nasty, and crusty, and well, gross! So when you are finished with it needs to be cleaned right? Well, how about when you first get that pot? And it has been made in some factory with possibly dozens of people handling it? Do you know where those people's hands have been? Did they wash their hands after using the toilet? Did they have body sweat while handling your pot? Did they sneeze or cough or a million other things on your pot before it got to you? You don't know right? So even if Cleansing seems to be a Wiccan thing, I think it is a pretty darn smart thing! Clean all that yuck off, even the yuck that you can not see! It is there, get rid of it before you cook in that pot even the first time! And I recommend that you do the same with your tools and accessories as well. Clean the invisible muck and yuck off of them before you use them.

Cleaning Methods

So how do you clean it off? Well for starters if it is something that you can actually physically wash then do so! A Witch Blade or Athame, jewelry, clothes, cups, bowls, mortar and pestle, wash them, in the sink, or in the washing machine, just clean them. After you have washed them off and physically cleaned them, it is time to clean them on a different level. Give them an astral or spiritual cleansing so to say.

Within the religion of Wicca cleansing rituals and consecrating rituals can be pretty elaborate and within the practice of Witchcraft it can be as well; the best thing I can tell you is do what *feels* right and best to you. If you like a well laid out ritual then do one, but if you are like me, earthy, and like to keep it simple then I will share a few of the methods I personally use to cleans my own items.

Sunlight and moonlight are the two main ways I choose to spiritually clean my tools, or trinkets. However I am a water sign, as well, so I love running water, streams, creeks, rivers and rain too. But for now, how do you spiritually cleans something with the sun or the moon? Very simple you just lay the object in a window or outside for several days so that the sunlight will fall upon it as will the moonlight. Nature cleansings all things over time. I like to do this near the full moon, about three days before and I also like to let the item in a place where it will not be disturbed for a bout six days. Three days before the full moon, and about two or three days after the full moon, and in

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a place where the light of the sun will also fall upon it for those five, six or seven days. If it rains out and the item is actually outside, well, all the better!

So what if you don't have several days to let an object out in the sun and moon light? Or you don't have the freedom to leave objects out for fear of others finding them what do you do then? Well there are other quick ways to cleans objects. As I said there are plenty of elaborate rituals that you can find in so many of the all ready printed Wiccan books out there, so I am not going to add even more here, I am a simple Witch and I like simple down to earth cleansings.

Cleansing with Air

To cleans something with air, things like silks or things with fur or feathers or that just can not be washed I like to use the element of air. I do this with incense; I like stick incense it is easy to hold or sage, stems of sage, not the ground up stuff. I hold the object to be cleansed and I pass the incense or sage all over and around the object. I make sure that the smoke has covered this item as thoroughly as I can. All the while thinking how the smoke is on, over, apart of the object and as it flows away so do the negativity that have attached themselves to my object. Now it is ready for use or consecrating. Simple huh.

Cleansing with Earth

Cleansing with Earth, another one of my favorites. I like to use earth for things like my rocks, stones, crystals and clay and metal objects, even for some of my jewelry. I like to bury the items in the actual earth. IF you live in a place where you just can not bury something in the dirt, or like me from time to time I don't want to wind up losing a piece of jewelry I will use a pot of dirt, or a one of my indoor plants. I recommend this only for small things, I don't want to use much energy to harm the plant.

Once buried just leave it overnight and the next day it is ready to be used and or consecrated. Simple huh.

Cleansing by Fire

Cleansing by fire, well I have to admit I do not use this one I have never actually felt compelled to use. There is just not a lot you can pass through fire. Some jewelry I guess? Fire is very cleansing, but also very destructive. If you want to use fire, be careful, and be quick. Just pass the item through the fire and then let it cool. It will be ready to use or consecrate.

Cleansing by Water

Cleansing by water is another favorite of mine. I love water, I love the feel and smell and taste of it. If you have access to a creek, or river, or pond the you can cleansing almost anything. Rocks and crystals, clothe, jewelry. Simply place them in a cloth bag and tie them closed. Lay the bag in the water and leave it there for about ten minutes or so. Take them out of the water and dry them off or to let them air dry is even better and they are ready to use or consecrate.

If you don't have access to a creek, river or pond you can use tap water, I prefer running water. So from time to time when I need to clean my crystals and small things I will simply stand holding the object in my projective hand, the one I write with. I turn on the cold water in the faucet and let it run gently over the object for several moments while I visualize the negativity flowing away and down the drain back to the earth. Once you are used to cleansing items you will be able to feel when they are clean or in need of cleansing again.

Many items need to be cleaned even if you are the only one to use them. Crystals, and other stones often need to be rinsed. I do recommend that you do not let others use your tools, or handle them. If you have a partner then the two of you can share, but if you don't have too...don't.

Consecrating Tools

The purpose of Consecrating Tools and other objects is to purify them and dedicate them for ritual and magical use only. In time these tools will be infused with your own personal energies. As I said it really is best to never allow anyone else to handle your ritual tools.

It is a Wiccan belief that on no account are the tools and objects that have been consecrated for ritual or magic to be used for mundane purposes unless they are first *Deconsecrated* and removed from ritual use. I have to say that this to me is an interesting concept considering that many Witches of old had and used ONLY MUNDANE tools for mundane purposes as well as for things of more Witchy intent. And why in the world would you need to *Deconsecrate* something? Don't folks believe that the Gods and Goddesses are smart enough to know that you are no longer using something for ritual or magic? I guess that would be up to the individual practitioner to decide not me.

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Personal Thoughts or Notes

Chapter 18

Preparing for Ritual



If you have read this book chapter by chapter as I have created it to be read then by now you will know many things about being a balanced Witch. About the many different kinds of Witches and practices you could choose from or be drawn from. You have an understanding of the history of both Wicca and Witchcraft, and you also should have a general idea on how to visualize and meditate and about the tools of the trade. Are you now ready to prepare for ritual? Do you even really need to prepare for ritual or magic? Well, actually NO you do not, but I have found that it does really help if I do prepare a small amount at least. Every person is different, and the workings of every solitary practitioner are different, as is the circumstance of their day, and living arrangements, and where ritual or magic is preformed. So the bottom line is we all do things differently and have different reasons and needs as to why we do or do not do things. What I will provide you with here is my own simple ways of preparing for ritual, and you can use it, change it, or ignore it if you want, but at least you will have a general idea of what and why it is done. You will be

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educated on it, which means if you ever have need to do so you will know how.

Well many of those that find this path were at one time, Christians, and as a Christian they went to church at least on occasion. Well when I prepare for ritual I do so in a very similar way that I use to before going to Church.

In most religions I know of - there is some form of sacred space - whether it be a church, temple, synagogue, a back room or a meadow or mountaintop. In this religion we create sacred space each time we worship. One reason I really love this is because my church or place of worship is where ever I am! I also feel more apart of the worship because I spent my time and energy creating my place of worship. Solitary or coven, it used some of my love and energy to create.

When you cast a circle -it is to me- the equivalent of going to church... so one must prepare. The following is again what I do, what works for me. You may like my way - you may modify my way - you may try a completely different way- but this is my way. Before I used to go to church (sacred space) I used to take a bath. I do this now before I create my sacred space.

Bath/Shower or Wheel Chair

The Bath...the bath is cleansing physically, mentally, and spiritually. It gets rid of dirt and negativity that drains away with the bath water.

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I like to have a candle burning while I bathe one that I have blessed. I also like to meditate while I am in the tub to open myself to a full cleansing. Meditation is something I find important before ritual or magic work, it helps me clear my mind of clutter and to focus on the task at hand be it ritual, healing or magic, meditation helps me.

So you don't like to take a bath? Or perhaps you are in a wheelchair and you don't do baths? That is fine too a shower works just fine for cleansing! It is the water that is cleansing and you are not confined to use the water in only a tub. I mean heck it was not that long ago that the majority of folks did not even have running water much less expensive tubs to bathe in, a shower with a bucket of water, or a creek or pond were often the days gone by form of cleansing oneself!

I understand that in most religions cleanliness is next to godliness!

Before I take my ritual cleansing bath I also like to make sure first that my space is clean. The space that I am going to use for ritual or magic is to be clean. I would recommend that if you are indoors that means you would vacuum, sweep, dust, pick up an actual physical and spiritual cleansing of the space. If you are out doors make sure the area is free of trash, and stuff you could trip over while moving around within the circle, clean space.

Once your area and you are clean and your mind and body are in the right state of mind, then you are ready for ritual or magic, if you do so, then this would be the time to cast the circle. If you do not use

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a circle then after the bath/shower and meditation and you are clothed or unclothed if you prefer, it is time for ritual or magic.

Please remember that the above method of cleansing is just one of the ways I enjoy, and feel comfortable with, you may wish to change it or do something totally different all together, what ever you do, make sure it feels right to you.

Wheelchair or Physically Impaired

I have a very near and dear friend of mine that is paralyzed from the mid-chest down. This does not stop her, she drives a car that has been adapted for her and she is capable of doing lots of things for herself. No she may not be graceful, but she is capable and that is what matters! No she is not a Witch, but there are many that are physically impaired that are witches. This does not mean you can not be a very competent magic user and wonderful witch.

Just because you can not do something in the manner that someone else does it does not mean that there is not plenty that you can do and do very well! You just have to believe in yourself and your abilities!

I do want you to remember that if you are physically challenged in some manner such as crutches or a wheel chair, or a walker then when you do your physical cleansing, or mental make sure you clean your chair or crutches as well.

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When you can not do things in the manner that everyone else can it does not mean that you can not do it at all! Never stop believing in yourself, or your own personal magic!

Chapter 19

About the Circles



Within the religion of Wicca the Circle is something very special and something very sacred. For those that practice Wicca a Circle is in essence their church, their holy place. For the many that practiced Witchcraft long before Wicca came along, the Circle was still something very important in this path. And for those that just wish to practice magic, listen up, the Circle is very important in many ways, but mostly for protection and or containment.

Well, there are several types of circles for us to look at and the ways of which to cast or create them. This is a very important chapter, so really read it and think about it, it could save you from getting yourself in a bad situation when it comes to magic, and life if you think about it. The three types of circles I am going to discuss here are as follows:

- ❖ The Ritual Circle of Traditional Witchcraft, for the solitary practitioner
- ❖ The Ritual Circle of the solitary Wiccan Witch

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- ❖ What to do if you have to leave a Cast Circle
- ❖ Closing the Circle
- ❖ The Magic Circle for conjuring or summoning
- ❖ The Magic Circle to protect yourself when conjuring or summoning.
- ❖ The simple and quick Ritual circle for Wiccan or more Traditional Witch.

**The Ritual Circle or Space of
Traditional Witchcraft, for the Solitary Practitioner**

Ok, the circle is sacred space to many more Traditional Witches as well as it is to more modern Wiccan Witches, however the Circle is different from the Wiccan Circle. More Traditional Witches do not go through a lot of the things that a Wiccan does to cast a circle. I know that many more Traditional Witches have what can almost be considered permanent circles. Not quite as permanent as Stonehenge or some of the other megaliths, but it is a place that they use over and over for ritual.

With more Traditional Witchcraft it is not the elaborate circle casting that makes a place sacred space it is the fact that the space is connected to nature. I know that many more Traditional Witches just need a tree to lean against, or a field or clearing in the woods to practice ritual, or magic. No calling the quarters, or watchtowers. No

elaborate tools, and it does not even have to be a holiday or full moon for ritual.

I remember when I was growing up one of my own most sacred spaces was a creek, as we called it then, in the third field because it was three fields away from our home. And this creek had a cow path that lead right to it and there were three big boulders there that were just perfect for us to play on as young girls. This was my sacred place. I used to lie on one big rock on my back, and look up at the sun through the dancing green leaves, and close my eyes. There was no place that was more beautiful and peaceful with the gentle flow of the water, and the hum of bugs, the distant moo of a cow. Peace, I mean that place was and still is very spiritual to me.

Now I have a place in the back yard, and an old oak tree. Things are simple, close to nature, and what feels right to me. Now it is different for each Solitary Traditional Witch because every person is different, unique, and raised in a different way with different beliefs.

As for circle casting in more Traditional Witchcraft IF it is done it can be as simple as closing your eyes, holding out your stronger hand, the one you write with, fingers together and turning in a slow circle. Starting in the North or the East and visualize a boundary being created as you slowly turn. This boundary or circle is your safe space, your sacred space. I sometimes do use salt and I sprinkle it just inside the boundary of my circle, sea salt or regular Epson salt.

When you are done with ritual or magic to take down the circle you simply start where you started before. Except you turn a slow

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circle in the opposite direction you went before, and you use your other hand, the one you don't write with, and fingers together extended, you visualize the boundary disappearing, being erased.

There are many other ways for a Traditional Witch to cast or create sacred space. Some do use tools, a wand, a Witch Knife; others use only their self, as I described above. Some solitary practitioners may cast a circle three times and some will simply use salt. The thing is different families and Traditions teach different things. And there is much that I can not for vows of silence share here with you. But I have shared any that you need to be a competent solitary balanced Witch, thus far.

The Ritual Circle of the Solitary Wiccan Witch

Within Wicca there are still many ways to cast a circle whether you are solitary or part of a coven. What I am going to share with you hear is one of the ways I cast a circle when I feel a need for a more elaborate circle. And yes this is from my years spent as a Wiccan Priestess.

In the religion of Wicca the Circle is your sacred space, your church you might say. A place that is past present and future, a place that is of this world, yet of the other worlds also. It is a place out of time, before time, yet of no time, past present and future. It truly is a magical circle, a sacred place. So how do you create such an

important place? You create it with love and honesty in your heart and with a magic that comes from within and from without.

First you need to decide will you cast your circle with a magic tool such as a Wand or an Athame, or just your body?

Next you need to make sure that every thing for the ritual is ready. Is your altar -if you are using one- set up?

If you are calling the watchtowers or using the elements or elementals, are the representations of these things in place, north, south, east, and west?

Is your person both physically and astrally clean? Do you have every thing you need? If you are ready and you are sure you have all you need then this is what I do next...

Well here is where I want to make a comment on procedure. This is the way I cast my circle, create my sacred space. This is the way I feel comfortable doing things. I am not saying it is the only way or even the right way for you, only that it is the way that works for me. I share this with you so you will at least know *one* way to do it, and you have a place to start. Here is where things can differ. Some traditional Wiccan covens may call the Watchtowers and then cast a circle and then go so far as to even call upon the four elements to also help. Some covens may go **widdershins** - counter clockwise- some will never go anyway but clockwise. There are so many different ways, what follows is my way, what I feel good doing. You may try my way and like it, feel comfortable with it, or you may change it. But you must find what *feels best to you and for you.*

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So back to casting a circle...I cast my circle with no tools most of the time. If I feel a need for a tool I use either my Athame or my Wand, depending on what I am doing and what feels right at the time. I hold my right arm out away from my body and point all my hand, fingers together and palm down, toward where I wish for my circle to form. I visualize a white/blue light leaving my hand in a smooth flow of energy and love and I direct this light toward the ground where I want my circle to be. I feel the energy flowing from me, through me, to cast this sphere I will pray in. I walk clock-wise in a circle until I overlap where I started my circle as to close my circle. I do not just visualize a circle, I see a whole sphere around me, and I find my self in a ball of love and energy that I created by using my own personal energy and that of the earth, and world around me.

Circle size? Well I have made my circles as large as thirty feet across, and as small as three feet wide just depending on what I am doing and how much time I am taking to do it and how many people are going to be inside the circle. But I guess an average size circle is about nine feet to thirteen feet in diameter. It is not so much the size as it is what space you need to work in and feel comfortable moving around in.

Hey if the only place you have to cast a circle and call sacred and private space is in a closet, Nine feet just ain't going to cut it you don't have the space! And if you are outside in a field, why use only three feet when you can have twenty to dance and rejoice in? After I cast the circle I like to walk around again and sprinkle salt at the edge

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of the circle until I overlap where I started. Now, I don't always do the salt thing...only when I have the time, and it feels right.

Next, after my circle is cast I call the four quarters, which I use the elements to do this. I personally like use candles most of the time to represent the elements. For my garden circle I plan to build, I want to put a small water garden in the west, a fire pit or one of those cheminayas, which is one of those things that look kind of like a gourd or a huge Native American clay water vase with a hole in the front that you can build a fire in, in the south position, several Wind Chimes in the East Position, and some large potted plants in the North direction. These will be larger and more permanent representations of the elements, it will also be my sacred space. Anyway then I call the elements, where as some may call the watchtowers or the elementals here. I then start in the north where I have already placed a candle of green to represent earth, here I invite the element of earth into my circle with love and respect and ask for its strength and guidance and I light the candle. Next I move to east the element of air and I do the same thing with honor and I light the candle of white or yellow. Then to the south and the element of fire where I give thanks and invitation and honor and I light a red candle. And last I move to the west where I invite the element of water and light a blue candle.

With this finished I move to the center of the circle or to where I have my altar set. Some folks put the altar in the center, and others in the north, thing is you just have to do what really does feel right. I know that sometimes that may sound cheesey or like a cop out, or like

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a just totally Wiccan thing, to do what feels right. But no matter your path or religion, the bottom line is... IT SHOULD FEEL RIGHT! Anyway now it would be time to either start ritual, or ground and center first, and then start ritual.

I would like to note here, that my alter is not ALWAYS in the center of the circle, sometimes I put it near the edge of the circle in a North south east or west position, depends on what I am doing, and even if I have an alter.

Leaving the Circle before Ritual is Over

Note here that if you must leave the circle before you are finished with your spell or ritual then you must cut a doorway in the sphere. I do use my Athame here if I have it if not I use my hand, but I try not to leave the circle once it is cast until I am finished. That is why you make sure you have everything BEFORE you start your ritual, and you also make sure you go to the bathroom BEFORE you start ritual, and you make sure you something to quench your thirst with you in the circle.

But if for some reason you have to leave the circle before you are finished then here is how you cut a doorway. You walk over to the boundary of your cast circle, and with your stronger hand, the one you write with, start at the ground where the circle and ground meet and with your hand or your Athame visualize you piercing the sphere and cutting from the ground up high enough for you to be able to pass

through, then over far enough for you to fit through, and then back down to the ground. Just like a door shape. Then you can pass through, and out of the circle. Once you pass through, some do and some don't, close the circle back up until you are coming back in it where you would open it back up. After you do what ever it is you must do out of the circle and you are back in the circle make sure you do close it. You close it in the same manner that you opened it except start where you finished the door and end where you started the door.

Closing The Circle

Once you have completed ritual or your magic it is time to close the circle or take down the circle. Now I am not sure if this is a more Traditional Witchcraft thing, since many don't even cast circle, but if you cast a circle it is only logical that you would need to take it down or close it as well.

When all is said and done and you have grounded and given proper thanks and partaken of cakes and ale or cookies and grape juice are my favorite, then it is time to close the circle. The first step in closing the circle is to thank the God and Goddess for gracing your circle and your life with their visit and love and blessing. You NEVER dismiss a God or Goddess. I mean we are humans after all. You always respect the deities and thank them and let them know that you hope they will continue to be apart of your life and visit your circle next time.

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After the deities have been properly thanked then you may want to thank the elements, I do and let them go back to what they were doing as well. I also put the candles out after I give thanks to the elements.

Next I use my left hand or Athame, I cast the circle with my right and close it with my left, this is my way, do what feels right to you, I use my left hand or Athame to draw the circles energies back into me. I start in the north, but I go Widdershins or counter clock wise, to collect the energies back. There are some Witches Wiccan and more Traditional alike that will NEVER go counter clock wise, that is up to you to do or not to do. I am a practical person... if I put something together, a toy for my child, or a gizmo for my home, I know I need to take it apart backwards from the way I put it together. So this is the logic I use in my circles, when I use them, as I said before, which is seldom now. As I said some people will never go Widdershines or counter clockwise, but did you know that the earth actually spins that way? So if it is good enough for Mother Nature and the earth we live on accepts counterclockwise, well I do to.

Ok so that is a more formal Wiccan Circle and how to close it. Lets take a look at some other Circles. You can use the above method for ritual or magic.

Magic Circle for Summoning

Ok, I don't want to go into much detail on this, because actually this book is for those that are pretty NEW to Witchcraft and Wicca.

And if you are new then Summoning is something that honestly you have no business doing. Heck, even if you are an old hand at magic and ritual, summoning is not a thing that many need or should be doing. But then again, there is a time and place for everything.

To Evoke a spirit or Demon is a lot different then to Invoke a spirit or demon. When you Evoke a spirit or demon you are calling upon it, to appear where ever it is you have created space for it to appear, in this case inside the circle. When you Invoke a spirit or demon you are granting that spirit or demon permission to use YOUR body as its place of being evoked. Do you understand this? Evoking a spirit is a way that you can chat with spirits, if you know what you are doing, without having to channel them, or host them you might say. Yes you may only be able to see them on an astral level, but it is actually safer to evoke then to invoke a spirit, especially if you are for some crazy reason trying to invoke the ones that are of more negative natures. If you evoke a spirit or demon correctly and then properly banish that spirit or demon, most often you will not have anything to worry about either. I do have a problem with invoking spirits, not that I can not do it, only that I am the type of person that likes to always remain in control of myself, and the ONLY ones that I even consider invoking are specific Gods or Goddess, of the higher and nicer kind that I know, or hopefully know, are not going to harm me in any manner. Even Gods and Goddesses can from time to time be temperamental, so most often I simply Invite them to join me, not to *join inside* of me.

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The magic Circle that is used for summoning is not like the circle used for ritual or a Witch or Wiccan Witch. The Circle used for Summoning is used to contain, to hold, or to bind a spirit or demon for the time that you summon it, until the time that you release or banish it. This is NOT something to be played with. And as far as Wicca is concerned Summoning is pretty much against the Rede because it is seen as against the will of the spirit or Demon, in a way, harmful to the spirit or demon. Ok... I will go over more of this a little in the Magic section. For now, how to create a summoning Circle.

Well there are a few ways according to the Grimoires of the Goetia and the Greater Key of Solomon, and those that are from neither book

One way is to draw or create a triangle and place a circle within the triangle. I believe that some refer to this as The Triangle of the Art. This is a small triangle, and you don't even have to draw a circle inside of the Triangle of the Art, if you know what you are doing. The circle can also simply be a black faced mirror, Scrying Mirror.

Now does this Triangle of the Art have to be on the ground? Not sure, I have not read anywhere that says it HAS to be on the ground. I have seen this done on the ground, and I have seen it done in a smaller fashion on a tree large stump that was about two feet high off the ground.

I have also seen a different summoning Circle, one that was nine foot diameter, and had a smaller circle set inside that so that the inner

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circle was about eight foot diameter. Within the two circles there were symbols that were used for specific demons or entities. And inside was a triangle.

I am not giving you any more detail in this section for it is on Circles, not summoning. See more in the magic chapter.

When Summoning Circle

When you are doing a summoning, it is a good idea to create a circle for yourself to work with in if you are not good at doing this... however this also depends on what type of summoning circle you use. It is hard to create a protection circle when summoning if you are using the small summoning circle with the Triangle because you need to be able to lean over and look into the mirror if you use that method. However if you are using a larger summoning circle and trying to create a situation where you SEE the spirit or demon then my suggestion is to create a protection circle. This is simple, you can take salt and draw a circle around you, or you can use an Athame or wand to cast a small circle. No great detail is needed.

Simple and Quick Circle

Ok, I just mentioned above that you can do a simple circle of protection for the summoning. But if you are in a situation where you

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need to cast a circle and you just don't have a lot of time, or tools you can still cast a quick and simple circle.

You will need salt, even the kind out of the little fast food packets of salt work!

Now you have seen several different types of circles, some very simple and other more elaborate. When it comes to magic and ritual there are many ways to do things, and you will have to discover what works best for you.

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Personal Thoughts and Tools

Chapter 20

Altar Set Ups

If you feel a need for an altar then the following is pretty standard from what I have been taught and seen over the years as well. However, please remember that an altar, especially a personal altar, is special and should first and foremost mean something to you, the practitioner.

Wiccan Altar Set Up

Your tools are usually arranged upon the altar in a pleasing pattern. Generally, the altar is set in the center of the circle facing the North. North is a direction of power. However I have seen that different covens and Wiccan Traditions often set their altars in different places, and in different manners, so for this section I am just giving a general idea for understanding. Do what works best for you. You can be like some Wiccans that place their altars facing East, where the Sun and Moon rise or in any other position that feels right, or that fits the space in which you have to work in.

My first Wiccan altar was done in a small space, and my first working space for Witchcraft was done in a closet on a built in shelf. In both cases I had no real control over where the space was facing due to limitations on my space. Whew I am glad those young days are past!

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Anyway, often the left half of the altar is usually dedicated to the Goddess. Tools sacred to Her are placed there: the cup, the pentacle, bell, crystal and cauldron. An image of the Goddess may also stand there, and a broom might be laid against the left-hand side of the altar. You can substitute a green, silver or white candle for the Goddess image.

To the right side, the emphasis is on the God. A red, yellow or gold candle, or an appropriate figure, is usually placed there, as are the censer, wand, athame (magic knife) and white-handled knife.

Flowers may be set in the middle. The censer is often centrally situated so that its smoke is offered up to both the Goddess and the God, and the pentacle might be placed before the censer.

Get creative, your altar should be pleasing to you.

This does not have to be an expensive endeavor. You can make many of these items yourself. Check your local craft stores, flea markets and yard sales. If you are interested in buying some of your altar items online, here are a couple links I came across you might like to check out.

I often use no more than some sea shells for the Goddess representation and acorns for the god, and a single candle. If you set up your altar each time you can make it different each time. If you want to set up a permanent one that is fine if you have the privacy and space.

If you set up your altar and find a need to cover it from others, this is fine as well, just make sure you do not cover any smoldering

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candles, you don't want a fire. Be sure to let the Lady and Lord, or God or Goddess that the altar is for know that you mean no disrespect.

There are many different types of Altars that you can set up. You can set up a altar just for healing and for prayers, or for dedication to one God or Goddess. There are many ways and reasons to set up an altar. Or you can be like me, and not use an altar hardly ever. My home is my sacred space, I don't need an altar. But... from time to time, I do want one! So just do what you can, and what feels right. I know that seems kind of white light, but honestly, religion and spirituality should not be bound by books and by what others tell you it should or should not be, and the bottom line is that religion and or spirituality SHOULD feel right to the person practicing it.

Chapter 21

Ritual



The Ritual in Witchcraft of old is a highly misunderstood event. Between the Church and Hollywood the amazing and highly beautiful and sacred Rituals of the Craft have been twisted and demented and made vile to the general public. They have no idea the connection with the very earth and often the divine that can and is obtained through the sacredness of Ritual. The general public has no understanding of the energy and mystery that is part of ritual whether it is a Holy Ritual or a Magical Ritual. The Rituals of Wicca are often very elaborate and very intense, but still very beautiful, and misunderstood by the general population as well. Lets take a deeper look at Ritual, what it really is, and what kinds of Ritual there are.

Well first what is a Ritual? What is the meaning of it how do we define what is and is not Ritual? The 1984 New Concise Webster's Dictionary states that a Ritual is "*the manner of performing a religious service; a book of forms for a religious service; any set form or ceremony*".

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So if we look at a Ritual in the fashion that it is a manner of performing a religious service or as a set ceremony then we can see that the Ritual can be either for magical intent or religious intent or for many other intents. It seems that a Ritual could actually be better described as an action or ceremony that is carried out with religious or magical intent. But then what about the fact that we as humans seem to be ritualistic beings by nature. My ritual upon rising is to snuggle and take time to wake up a little, cause Goddess knows I am NOT a morning person! But after I wake up there are things I do during an average day that I pretty much do... ritually... everyday. I know many that have daily routines, or rituals however you wish to look at it. Do you have to have that first cup of coffee or that first smoke before you are ready to greet the world? Well there are some that have to put on makeup and fix their hair, brush their teeth and put on clothes before they can leave the house, this is a daily ritual. Others like to get up and go for a morning walk or run before they even start their business day.

Well a daily getting ready to greet the world ritual is not quite the same as a religious or magical ritual, however you can incorporate, as I do, religious or magical ritual into your daily life ritual. But I'll go into that a little later.

We have many different levels and types of Rituals. However one way of looking at it is that a Ritual is a mixture of the personal powers believed to be innate in everyone and everything, relationships, objects, and even in events, and histories which are represented by the

ritual or ceremony itself. A mixture of energies of higher and lower essences, god and human, or human and plant and with Ritual we get this mixing of energies that are for a purpose or intent, i.e. healing or cursing, or drawing love or money or just for showing respect.

For now lets take a look at what different types of rituals we have in the life of a practitioner of Witchcraft, Wicca or simply Magic.

Types of Ritual

- ❖ Personal Daily Ritual
- ❖ Unforeseen or Contingent Ritual -personal transition/crisis
- ❖ Seasonal or Sabbat Ritual- honoring a specific moment of the seasonal cycle
- ❖ Ancestral Ritual- honoring the deceased
- ❖ Moon/Esbats or to Draw Down the Moon
- ❖ Sun Ritual
- ❖ Divinatory Ritual- revelation/divination
- ❖ Protective Ritual- ensures health/safety
- ❖ Magical Ritual
- ❖ Healing Ritual.

In the next few pages I will try to cover some of the why's and how's of the rituals listed above. Look, I want you to know that ritual is something that should be personal, and mean something to you... and just because something works for me and means something to me

does not mean that it will feel right, or mean a thing to you. The following info is only to give you, the reader a starting point, a reference if you will, and a basic understanding. Nothing in this book is written in stone.

Personal Daily Ritual

Personal Daily Rituals could range from getting up and brushing your teeth and having that first cup of coffee or cigarette to some kind of daily religious or spiritual act that you do, daily.

For example one of my own personal daily Rituals is to say a prayer of thanks for my most precious child, and for my family, and for our health and for the chances that lie before me on that day.

I know that many Wiccans and Christians alike have daily affirmation. And I actually think it is a good daily ritual for *anyone* of any path to partake of. You see *your* thoughts, words, actions even your feelings are actually constantly creating **your** *reality*. Think about it.

Affirmations are like goals and prayers all rolled into one. It seems that affirmations tend to get your mind, well... in the right frame, heading in the right direction. These affirmations are like little spells, spells done as a daily ritual to help create a better life for the practitioner that practices this daily ritual. They are also a way for you to align yourself with a higher purpose or being... your Creator, or

Goddess or God of your choice, or even to get in-touch with the invisible web or mesh that connects us all.

Believe it or not goals are very powerful things... and if an affirmation is pretty much like a spell that is a goal and a prayer rolled up into one, just think of the power of an affirmation.

It is a proven fact that those that set goals, small goals and large goals are a lot more successful in life, love and even in religion than those that do not set goals. So I guess you could say that eventually, and with positive attitude and personal belief a Personal Daily Ritual of saying an affirmation just could help you better your life and self on many levels.

It also seems that these daily affirmations can be in a way, self help tools. You can heal your inner self, your ego, and your personality with these affirmations. There is much that a little daily spell can help you with.

For example here are a few daily affirmations look at them and see how they just might be able to help you help yourself on a daily basis.

Affirmation: Today is a new day, a new adventure and a fresh start. I am strong, I am able, and I am willing to, with the help of Self and Spirit, to make this day a learning and growing experience.

Affirmation: I am aware that all life is sacred, all life, but especially mine. I accept this day and all that it will provide me with. I believe that the Goddess and God will help me, if I help myself, and provide me with what I require.

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Affirmation: I am apart of the whole, and as such I, and what I do matters in the greater scheme of things.

You can use a daily affirmation to start your day off right, get your mind in the right frame, and to set and reach goals that can make your life a better and more balanced and peace filled life. But that would be up to you!

Daily rituals as I said can be simple like affirmations, or bed time prayers. Every night, or at least every night that I remember, I try to say my prayers, sounds really Christian right? Well, prayers of thanks for a good day and prayers of gratitude that my child had a happy and healthy day as did my family are not just for the Christians. I am always thankful for the good in my life, for the laughter and joy in my life. And I let the Gods and Goddesses know that I am thankful.

Are there other daily Rituals that I perform? Yes. I have daily magic that I do which I'll cover more in the magic section. I also do daily protections. Remember in a previous chapter where I said about shielding my home, well I try as often as I can remember, which might not be daily, but as often as I can to shield my home, this is a quick, but often daily ritual.

There are many ways to have daily personal Ritual, but it is something that will be different to each and every individual.

Unforeseen or Contingent Ritual

There are going to be spur of the moment Rituals, ones that are done perhaps during a personal crisis, or during a time of personal transition. Sometimes you might find that you are in a more formal ritual and it just does not feel right, or feel they way you wanted it to feel or visa versa you may be in a simple ritual and feel it needs more. When this happens I would recommend that you change something, and do it in a manner that does feel right. Note this is for personal ritual, spiritual ritual, but not Magical Ritual. You need to be more careful and a little more strict when performing Magical Ritual, not a lot can be changed when doing magic, at least not changed and expected to get the results you thought or desired. I'll cover this a little more in the section on magic.

Unforeseen Rituals happen often just as unforeseen events happen in your life. Things such as sever illnesses, deaths, brushes with death, births, or personal achievements. The unforeseen Rituals are most often unplanned, and sometimes lead by emotion.

Please remember that just because a ritual is not planned out or that it happens on the spur of the moment it does not mean that ritual is not amazing and powerful in its own right. It just may be more meaningful and more powerful then any elaborate well thought out ritual. There is a time and place for everything. Sometimes you just have to go with the flow.

Seasonal or Sabbat Ritual

In Wicca you have the more formal Sabbat Rituals, whereas in Witchcraft you have Rituals that are more inline or in-tune with the Seasons. These Rituals are preformed in honor of the turning of the seasons, and the planting and harvesting of fruits and vegetables. In days not so old, just as recently as sixty to one hundred years ago it was not so unusual to grow and harvest your own food. Where as now of days we seem to hop in the car, drive over to the nearest grocery store and pick up some dinners we can either throw in the microwave or boil in a bag! Not that long ago, less then a hundred years it was NOT that easy to buy food at a store. I mean the best you could get would be your dry goods, things like dried beans, rice, sugar, flour and on occasion a few persevered items in jars. So you see the food that our ancestors had to eat they had to *plant*! Or they had to go out and *hunt* it! Nothing was quick and easy and just run to the store and purchase it, until more recently.

So you see the success of the crops, the planting and the harvesting were essential to human survival not so long ago! These crops were planted and harvested in accordance to proper seasons. The changing of the season herald the time of planting, growing, and harvesting, and then reaping what you had sowed, enjoying the fruits of your labor. So the Seasons were highly important to our ancestors and it is easy to see why these times would be celebrated and homage would be paid to the Gods and Goddesses or to the Earth itself.

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It is also not so hard to see why *sacrifices* were carried out in days of old. If a crop failed, it could mean the death of a family come winter. If a crop succeeded then it could mean wealth and comfort for a family. So if you base life and death on the seasons, then you can see where if our ancestors thought they could make the Gods and Goddesses happy by sacrificing something to them, then on many levels it was worth it.

You can also see where our ancestors thought that if they paid homage to or in some way honored the Gods and Goddesses it would please the Gods and Goddesses and they would grant them good crops and wonderful harvest. Thus we have Rituals near the changing of the seasons and at harvest times.

So an example of a Seasonal Ritual or a Sabbat follows. Please know that every Witch practices in a different way, the ritual provided below is only a guide, a starting point, an example of a Seasonal Ritual. I will provide a Wiccan Ritual and a Ritual for the Witch that is *not* a Wiccan.

First, you prepare yourself for ritual, however you choose to do so. Personally I like to take a bath, relax, meditate and let go of the many stresses of an average day.

Second, make sure you have everything you need for your ritual. Tools, incense, water, salt, cakes and wine/grape juice, candles. Set your altar up and make sure your area is clear and clutter free and cleaned.

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Third, if you are a Wiccan Witch this would be the time to cast your circle with or without a tool. Call or invite the Elements, Watchtowers, or Elementals, however you chose to do or work with. You may also want to ‘Draw Down the Moon’ as the Wiccan say it at this time.

Fourth, as a Wiccan this would be the time to Invoke the God and the Goddess.

Fifth, state your purpose to the God and Goddess... in the case of Spring or Ostara or Spring Equinox, you would be asking for a fruitful or bountiful year. If you actually do plant a garden of sorts this would be a good time to ask the Gods and Goddesses to bless the seeds. However For Spring Equinox many Wiccans simply honor the fact that the closing of Winter is upon them and the birth of Spring is at hand. Wiccans also honor the fact that this is the time when the Sun King is celebrating his sacred marriage to the Maiden Goddess, and she also conceives. New life is celebrated.

Sixth, you many want to symbolically perform the Great Rite before ending the ritual, by this I mean you take your Athame and you plunge it into your Chalice, just as a man would place his member into the sexual flower of a woman’s body. The Great Rite is a representation of sex, man and woman coming together in sexual union to create new life, a culmination of man and woman and life, The Great Rite. IF you have a partner that you are sure is sexually safe, and that you care for and you practice safe sex this may be the time that you would together perform an actual Great Rite, make love.

Seventh, after paying homage or honor to the God and Goddess it is then time to break bread so to speak - cakes and wine or cookies and juice. If you are outside you can actually pour some juice or wine onto the earth and break up some cake. Or if you are in a situation where you can leave the juice or wine and the cake out over night for the God and Goddess (and any fae) you might do that as well. It is also a good time to thank the God and Goddess for coming and joining you in your ritual and bid them farewell.

Eighth, if you have raised much energy and feel like you are bouncing off the wall this might be a good time to earth some energy. Ground Center even Meditate again.

Ninth, it would now be time to take down the circle, or close the circle.

Tenth, clean up all your mess and tools and clutter. If you are out doors remember not to litter, do not leave trash behind make sure you clean up after yourself.

Ok that is the gist of a Wiccan Sabbat Ritual, this is different for each Witch, and it is also slightly different in a coven and from coven to coven as well. Do what feels right!

Now let's take a look at a Non Wiccan Ritual for Seasonal Ritual. I prefer to do my Rituals outside, but it is not always easy. I like to go outside, near a creek that runs on the land I grew up on, or to sit at the base of an old oak tree.

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First, I gather the few things that I may need, flowers, seeds, shells or acorns, and a little juice and sometimes some incense and put them all in a cloth to loosely carry with me.

Second, I sit down on the ground, outside and I lay my cloth in my lap or beside me and I let go of all the stresses of the day and relax and become one with nature. I like to lean against a tree and relax, but sometimes I just go out on the deck at my dad's house in the country and relax. I feel nature around me and inside of me and I feel myself as apart of the nature that surrounds me. Becoming one with nature is the biggest part of my own ritual. I do not cast a circle, or invite anything to join me. I feel that the God and Goddess of my choice are always at hand and if I have a need for them I simply in a gentle and clear voice speak their name. Most often my Goddess of choice is Hecate, and Pan is my God of Choice. I feel that when I attune myself to nature I am also attuning myself to the God and Goddess.

Third, I lay out my things that I brought with me - fresh cut flowers, acorns, seeds and juice. Then while sitting in a comfortable position, I place my hands, palms down, onto the earth and I feel my true connection with the earth, and with the astral, and with the God and Goddess. It is now that I speak their names and invite them to join me so that I might honor them and ask a favor from them. I do not invoke the God or Goddess for I feel that they are already and always a part of me. I do not evoke the God or Goddess for the same reason they are already part of me... Now if this is the *first* time that you are doing this then I would recommend that you do invoke the God and

Goddess, feel them become a part of you. Once you accept the God and Goddess within you they are always an accepted part of you. I know this kind of sounds Christian... but think of it. IF you Invoke the God and Goddess, meaning you invite them into yourself then this is an accepting, on your part, of the God and Goddess with in your and as a part of you. From this time on their energy will always be apart of your own.

I may from time to time, in a more formal situation, also call upon the *Spirits of the Directions*, or the Elements depending on my ritual and my mood.

Note the Spirits of the Directions are specific Spirits that are associated with North, South East and West. It is more then just calling upon the elements, and it is not like calling upon the Elementals, for Spirits are different then personified elements.

Fourth, I state me reason for being there, one to honor both the God and Goddess, and to ask a favor of them. I first pay homage to them by offering a *sacrifice* of sorts to them. Fresh flowers for the Goddess and Acorns or Seashells for the God. I then ask them to bless the seeds that I have brought that I want to plant. Bless the seeds so that I might have healthy plants that grow strong and produce much so that my family and me will have healthy food to sustain us.

Fifth, I then thank the God and Goddess for their blessing and for their time and I offer the juice as thanks to them. I sip some of the juice and then I pour the rest on the ground to be absorbed by the earth. By thanking the God and Goddess for their blessings, they are

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smart enough to know I am finished with my ritual and am thankful for their help and that they are appreciated and free to go.

Sixth, I leave the flowers and acorns and I gather up my seeds with a sense of peace and joy. My ritual is over and my seeds are ready to plant. I do not dismiss the God or Goddess, for they are always a part of me, and I am only human and it is not my place to bid them stay or go.

Rituals for more Traditional Witchcraft or for Wicca either one can be as simple or as elaborate as you deem necessary. Both are deeply spiritual, and amazingly beautiful.

Why don't I cast a Circle?

So, why don't I cast a circle of compass round? Well you see the Casting of a Circle is actually a Wiccan concept. Yes Circles are as old as time, but it is the casting of one that is fairly new. Working *within* one is nothing new, only the need to physically cast one. The Wiccan is actually making his or her circle or the space *within* the circle to be, in essence their Church, their hallowed ground so as to better enhance their own power and as a place of protection and sacredness for their ritual. To me, the very *Earth* is sacred or hallowed *already* so I don't need to create sacred space when anywhere on this earth I practice is sacred already to me.

Ancestral Ritual

Rituals performed to honor those that have passed from this plane of existence to another are more personal. And there are many ways to do this however most Ancestral Rituals are unique to each family and to each Ancestor as well. Some practitioners actually have a Great Grandmother or Great, Great Grandfather's that they are specifically honoring, and asking for help or guidance. Some practitioners simply pay homage or honor to all their past Ancestors from all their past lives.

Moon/Esbats or to Draw Down the Moon or Sun Ritual

In many of the Wiccan books you come across you are going to find reference to celebrating Esbats and to Drawing Down the Moon. It seems that often, Wiccans tend to forget that there is energy in the Sun as well.

So, Moon rituals, these are rituals that are carried out on the New or Full Moon most often. And as for Wiccans this is a good time to Honor Goddess, and do magic.

Moon Rituals are different to every Wiccan Witch, and to different Wiccan Covens as well. By the way, Moon Rituals do not have to be done only at night. The moon is new or full during the day as well we just can't see it for the bright sunlight most of the time.

What I am trying to say is that you are not confined only to practicing these rituals at night, you can do them anytime, day or night.

Draw Down the Moon

This is a Wiccan Concept as well, drawing down the moon. So why do you want to draw down the moon? Well as far as I know from my time as a practicing Wiccan, you draw down the moon for the energies, to help increase your own for magic and healing type purposes.

This also seems to be something that is alluded to that only females do, and this is not so, the moon and it's unique energies are for anyone male or female. So how do you do it?

It is wholly possible for *anyone* male or female to draw down the moon. You do not need an elaborate ritual to do draw down the moon, you can simply cast a circle, if you use a circle, and stand in a position with your arms stretched out to your sides palms up, slowly spin in a clockwise circle. You may want to start in the North or in the East where the moon rises matter of fact it does not even really matter where you start, the moon shines down everywhere! While you are slowly spinning in a circle either look up at the moon, if your are outside, or close your eyes and visualize the moon if you are inside... but do more then just see or visualize the moon. *feel* it, become part of it, and let it become part of you. That my dear is drawing down the

moon - except I actually am not too fond of that saying, I prefer to call it becoming one with the moon. Makes way more sense to me.

There are other ways to raise energy and to draw down the moon, some use drumming, or dancing and clapping and such. It is personal to each practitioner of Wicca upon how you do it... just because the above method is what works well for me and many of those I guide does not mean it is the ONLY way or even the right way for you. Find what works best for you.

You see even if you are not a spiritual or religious person you can use or draw upon the amazing energies of the moon, and the sun, as well. Too much mystery is being placed on things, and the real essence and beauty of spirituality and magic are being lost. Wiccans tend to make everything a lot more elaborate than it needs to be, thus losing a lot of the simple beauty in the fluff and circumstance. That is just my own opinion. There are those that need that fluff and circumstance, I am just saying... don't lose the beauty of and spirituality of the Wiccan way in the pomp and circumstance. I hope this helps.

It also seems that Wiccans tend to limit celebrations of Seasonal passing or Sabbats and even Esbats to only one day. Their Ritual is only on that one specific day. You see a Traditional Witch or coven may celebrate for more than just the one particular day as in the days of old when the Solar traditions that celebrate a particular moment of passage or conjunction the sky. Many more Traditional Witches know these as the Tides and this commonly encompass a six to eight day

period with the most powerful of these days being about half way between start and end.

Drawing Down the Sun

Now what many Wiccans also tend to forget is the fact that you can draw from the energy or life force of the Sun just as well as you can from that of the Moon. You always hear about ‘Drawing Down the Moon’ but do you ever hear about ‘Drawing Down the Sun’? I don’t think so. With today’s more eclectic Solitary Wiccans it seems that the religion of Wicca is becoming fast a female oriented religion, often leaving out the male aspects almost all together. Not to say that *all* Wiccans do this, because I know many realize you need the *balance*, the male and the female, but there are many Traditions of Wicca, and solitary eclectic Wiccans that are relying heavily upon the female and moon aspects of the religion and losing the balance.

I know that here in the United States that sunbathing is nearly a ritual in itself! Once the summer months arrive if you don’t have a solid tan you are just about not cool, or popular. Well honestly with the statistics on the sun and its effect on the body and skin cancer now on the rise, I personally do not worship in the sun nearly as much as I did in my younger days. But let me tell you, there is nothing like lying comfortably, nearly naked, with just bits of a bikini on and feeling the loving, nearly sensual caress of the sun. The thing is the touch of the sun is a *physical* thing, you can truly *feel* the sun on you, and you

burn, or you tan, or both if you remain in the grip of the sun for too long.

How can anyone think that you can not draw on the energy or life force of the sun? So how do you, as the Wiccans would say “Draw Down the Sun”? As I said earlier I am not fond of this term – *Draw Down* – it is more like to become *one* with or part of. So how do you become one with the Sun? Just like you did with the moon.

You simply step out into the sunlight, or if you are inside, walk over to a window where the sun is streaming in. Take a few breaths, clear and open yourself. Lift your arms out about twelve to eighteen inches away from your body palms up and slowly spin around in a circle all the while visualizing yourself absorbing the sun, becoming one with the rays of the sun. Feel the energy of the sun caress you, become part of you and feel your own self extend outward to become part of the suns rays. This is a really good energy fix during a busy and hectic day when you feel like you are running on empty and you just can not take any more. Try becoming one with the sun during a day that you are feeling low or drained, see if it helps you perk up! Now, word of caution, unlike Drawing Down the Moon, or becoming one with the Moon, when you do this with the sun, if you do it for too long, YOU can become drained instead of recharged. If you have lain out in the sun for too long, and you know what I mean, when you come in you feel tired, and drained instead of rejuvenated. So when dealing with the sun, be cautious, and only work with the sun for short amounts of time.

Divinatory Ritual- revelation/divination

Rituals used for divinations are Rituals that your specific goal is to find answers, divine something.

I have to be honest here, I most often do not do a specific ritual to divine. If I feel a need to divine, I do so. There is no actual ritual attached to divination for me. However there are many practitioners out there that do like to perform a ritual for divination, whether it is scrying in a mirror or crystal ball, or a tarot reading or rune cast.

This is something you will personally have to decide if you want to do or not to do, and how you want to go about doing so.

Protective Ritual

Ahhhh, Protective Rituals are rituals that are preformed to ensure health or safety for self or loved ones. Protective Rituals are something I do on an almost daily basis. I am a mother and I must protect my child and my family in any way that I can. So this is something that I do utilize often. However my Protective Rituals are actually more of a Magical Ritual with Protection as my intent.

Magical Ritual

Magical Rituals, now there are more ways and types of Magical Ritual then could ever be covered in one book, let alone one section. I

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will however be covering more on magic and on types of Magical Rituals in the Magic section. So for now what you need to know about Magical Ritual is that they are rituals that are dealing with magic. And as you will discover in the section on magic there are many different types of magic as well.

Healing Ritual

Healing Rituals are just what it says rituals that are preformed in order to help heal something or someone. Healing to me, is also a form of magic and I will cover this much more in the magic section as well.

Rites of Passage

There are rituals that mark the passage of time and age in the Wiccan Religion, and there are also some but not nearly as many rituals that mark the passage of time and wisdom in the more Traditional Witchcraft way of life.

Within the religion of Wicca you have many different Rites of Passage what follows are a few of the most important Rites of Passage.

Wiccaning or Baby Blessing

Wiccaning is the when an infant or small child is presented to the Gods and Goddess, to the World, and to Nature. It can also simply be the welcome to this life and naming ritual for infants, pretty much the baby blessing. It is kind of like a Christian Christening. Or like in the movie the Lion King where the lion cub was presented to all, this was a simple but powerful ritual. I personally think that a Wiccaning should be personalized to the individual and the infant or child that it is for.

Coming of Age

Coming of Age, now this is something that is recognized in more Traditional Craft, when the young boy and girl hit puberty. No longer a child, but not quite an adult either. Often there are some form of ceremonies preferred to mark this rite of passage, however sometimes there is no fancy ritual, only a celebration of sorts. This would also differ from Family Tradition to Family Tradition.

Initiation

I will cover initiation and dedication in a different section. But Initiation is one of the Rites of passage in Wicca.

Marriage or Handfasting

Handfasting in Wicca is not quite the same thing it is in more Traditional Witchcraft as far as I can tell. You see in the religion of Wicca Handfasting is pretty much the same as a Christian marriage. A Wiccan Handfasting is where a couple commits to each other for a life time or a specified amount of time such as a year and a day where they have the option to recommit or handfast again.

In more Traditional Witchcraft Handfasting is more like betrothal. It was very much the same as a betrothal in days of old where the parents made the contract between each other that their children would join in marriage when they were of age. Today this has changed some, where as it is an agreement of marriage.

Elder Status or Menopause

When a woman hits menopause, or a man is slowing down some due to age, this is the another time and stage in life.

Within Wicca it is seen as the Elder Stage or the Crone stage in females, but you see in more Traditional Witchcraft an Elder is something that happens with the passage of time and acquisition of knowledge not just age. So even someone that is relatively young could be an elder with in Witchcraft, if that person has proven sufficient knowledge, demeanor and working understanding of his or her Tradition, and of life as well.

Death or Funerals

Another Rite of passage would be death, passing from this plane of existence to the next. Death is seen as a transition, a new beginning not an ending. No matter, to loose a loved one is never easy, whether you believe in reincarnation, or heaven or the summer land, to loose a loved one is never easy.

The thing is we all have rituals in our daily lives and to mark the passage of time, or a special event. Graduation from college is a ritual of sorts. Birthday parties and anniversaries are rituals to many. Rituals are important in the manner that in a way it can be a celebration of life, and of nature and of magic. Ritual is what you make it. If you fake it it means nothing, if you feel it, it means much.

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Personal Thoughts and Notes

Chapter 22

A Religion or a Way of Life



So - is Witchcraft a religion and what about Wicca is it a way of life? Wicca *is* classified as a religion by all of its practitioners, whereas Witchcraft is *not* considered a religion by all of its practitioners but is considered more of a way of life, so what is the deal here? What is correct and what is not?

You know, I think it is only the human beings of this earth that have this burning need to place anything and everything into neat little category, label it and file it away somewhere for status or whatever. If we would take our lessons from nature then life would be a lot more *real* and a lot less *show*.

In nature life has order, has reason, and has value on all levels. It is only we humans that make someone feel not good enough because of the size of their bank account or color of their skin, their sexual preference, or their religion. Why? I will cover this more in the section on tolerance, but fore now let's take a look at whether or not Witchcraft and Wicca are Religions or Way's of life and find out if it fits neatly into one of those little categories.

First let me ask you this, why does Witchcraft or Wicca have to be *either* a religion, or a way of life? Can't they be *both*? Shouldn't they be both! Couldn't they be both? Possibly neither?

Yes I know that many more Traditional Witches do not considered Witchcraft a religion, but I guess that would depend on your own opinion of what religion really is?

The thing is everyone does consider Wicca a religion... what I am trying to get at here is that a religion is NOT just a religion or it shouldn't be JUST a religion.

A religion should be a way of life also, don't you think?

It should not be something you dress up for, or in the case of some Wiccans, get *undressed* for, to go to a specific place to practice some form or ritual or worship. This is not like going to church on a couple of specified days a week and calling yourself Christian because you do. Any real Christian knows that the real proof of being a Christian is when you walk away from the pomp and circumstance and teachings of the church and into the real world. If you can practice what you preach or what is preached to you in your everyday life, with all the stress and hassles that are thrown your way - then you are proving that Christianity is a part of you, and a way of life for you, not just some words you hear or read from a book. If you still act and feel the part of a Christian away from church then that is one sure sign that you are a Christian.

This is what I mean with Wicca, you don't just read some stuff from a few books, go out and cast a circle and then call yourself a

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Wiccan it takes more then that to be a true Wiccan. As for more Traditional Witchcraft, you can't just learn what your mother, father, grandmother or whomever teaches you your family Trad, you can't just listen to what they say, give it a go a time or two and call your self a real practitioner. It takes time, it takes dedication, and it takes practice. It takes more then a lesson, from a book, or from a teacher. It should be more then just words and actions. It should be apart of your very soul, *in my opinion*.

Both, Wicca and Witchcraft should be apart of you, apart of every minute of everyday. Being a Witch is more then laying claim to a silly title, it is what you are, how you are, who you are, and should be a way of life for you, not just a visit to your circle when you need something.

Let me tell you something else, we use magic every day of our lives whether we believe it or in it, or knowingly practice it, we still do it. And once you get a grip on magic, it truly becomes a natural part of your life, or at least it has become a part of my own life. Spirituality should be like magic, almost like a reflex, it is such a part of you that it is or becomes *natural*.

I am not a highly religious person, but I am wonderfully *spiritual*. I do not go it for the pomp and circumstance, or the gimmicks and gizmos. But I can nearly loose myself in a thunder storm or a rainbow, in a dark cloud passing over a nearly full moon or in the birth of a calf, in the laughter of a child or the wrinkles of a face that

come from life well lived, in the seeming magic of a seed growing into a strong plant, or the feel of tree bark when I lay my hand upon it.

You will have to discover just what Witchcraft or Wicca, which ever you decide to practice, *becomes* to you. Will it be religion? Will it be a way of life? That is up to you as an individual. For me, it is a way of life, the very air I breath and the very earth I live upon and walk upon, it is more then a religion could ever be. It is more then could ever be placed in the pages of this book or any book. It is more then a walk through the woods, it is much more... it is a part of my very being, my soul.

So is Witchcraft or Wicca either one, simply a religion, or only a way of life... well my dear, I shall let you discover the answer to that on your on, and in time. Because honestly, no matter how either one of them are classified legally, or by religious communities, what matters is what you personal come to believe them to be, to you.

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Also, magic is something that could take life times to learn there are just so many different kinds of magic and so many different manners and ways to perform magic that it would be difficult to guide or teach about magic on a whole. Not to mention that this book has been created more so for the beginning practitioner of the Craft or

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Wicca. Yes Wicca does have magic within it's practice and religion, however originally more Traditional Witchcraft was not magic oriented. Not so in the manner of High Magic at least. Yes the magic of healing, and of herbs, and of spellcraft are part of more traditional Witchcraft, but not the more Ceremonial Magic, or High Magic.

Bullshit or the Flower

I will share with you here what I feel is good for a solid foundation, a good beginning and understanding of magic as best as I can share. I suggest you learn all you can about the things that interest you, if you wish to practice magic then learn about it in as many ways as you can. Books, videos, music, nature, most of all *nature*, trial and error, but start small, get the feel of it, and a grasp of it. You have to crawl before you can walk. Again, I recommend that you be *cautious* on what you believe, and what you practice when dealing with magic. There is a lot of good stuff out there, but there is some crap out there as well, you will just have to wade through the bullshit to get to the flowers so to say. And you will have to personally decide if this book is the bullshit or the Rose.

Magic and Magick

So let me address real quick this *magic* and *magick* thing. You know the magic with a 'K' on the end. It has become something of a

common thing to see the magic with a 'k' on the end when reading things dealing with Wicca or Paganism. I am under the impression that this came about to differentiate between real magic, that of which is used by mages, and sorcerers over illusion magic, that which is used by great Magicians such as David Coperfield and others of the big stage with smoke, and lights and scantily clad assistants. The magic of illusion is referred to as simply magic, no **k** on the end in the pagan world. The magic that is NOT illusion, but real, and practiced by mages and Witches and many Pagans alike is magick, magick *with* the 'K' on the end. The 'K' on the end lets the reader know that it is real magic and not the smoke and mirror type of magic that is being referred to. Well if you will notice I have mainly used the magic with NO 'K' on the end here and the reason being is because I think that **you**, the reader, are **smart** enough to know that I am *not* talking about illusion magic, but of *real magic* instead here. Also, I have come to note that many more Traditional Witches frown on the use of magic with a 'k' on it, they see it as 'New Age' and Wiccan, not real Witchcraft. I did not say that I see it that way, or that some, and not eve all, Traditional Witches see it that way, but the fact is that some do. So when I speak of magic within this book, unless I am making reference to illusion magic, I am talking specifically about real magic, no 'K' needed all right. You are intelligent enough to know what I mean when discussing magic.

What is Magic

So, with that said, just what do you consider to be magic? I mean what would your personal definition of magic be? You see the meaning of magic, just like the meaning of what a Witch is, is something that is different to each and every practitioner of real magic. So if you went out and asked ten, or ten thousand magic users, be they Witches, Pagans, Mages, Sorcerers or what is magic? What does magic mean? You will get a different answer from each and every one of them I am sure. So I am going to try to share a couple definitions on what magic is to others in order to kind of give a foundation of the meaning, for in the end you, as an individual, will have to decide what magic really is or means to you.

According to one famous Witch, Sybil Leek, in her book titled *“Diary of a Witch”* ©Sybil Leek and published by Signet in 1969, she says this about magic:

“Of course we witches are said to be involved in Magic and that’s something to conjure with. It is simply the art of producing a desired effect or result through the use of various techniques as incantations and presumably assuring human control of supernatural agencies or the forces of nature. Witches being simple people close to nature do indeed believe wholeheartedly in Magic, which is all around us.”

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Well according to the book “*The Complete Idiot’s Guide to Witchcraft and Wicca*” by Denise Zimmermann and Katherine A. Gleason the definition of what magick is in ©2000 by Amaranth published by Alpha (Penguin/Putnam):

Magick is the direction and application of energy using psychic forces in order to create change for a specific, desired outcome. Magick is also a system of symbols, which are programmed in your mind, that help you achieve your magickal goal. As such, it is a form of mental training in which you can alter a situation by using your will. Magick can also take the form of change and growth within yourself. In this respect, you change how you look at things or how you feel about a given situation. Magick can be a wonderful addition to your life. Or you can manipulate magical energy to negative, destructive ends. It’s your choice.

According to the book “***Modern Magick, Second Edition Eleven Lessons in the High Magickal Arts***” by ©Donald Michael Kraig and published by Llewellyn Publications, the definition of magic is:

“Magick: The science and art of causing change to occur in conformity with will using means not currently understood by traditional Western science. The use of the “k” at the end of the word was introduced by Aleister Crowley (q.v.) to differentiate real magick from what a trickster or conjurer does on stage with hats, handkerchiefs and rabbits. To some, the “k” also stands for kteis; a

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Latin word indicating Sex Magick (q.v.) to those who practice form that of magick.

Magic is many things, and can be defined in many ways the ones above are great definitions of magic. But there is more to magic as well, more than just the movement or manipulation of energies, more than tools and trinkets, more than summoning and secrets, much more to magic than will ever meet the eye.

- ❖ Is just to think it...magic?
- ❖ Do you have to feel it for it to really work?
- ❖ Do you have to even understand it for it to work?

Well my personal definition of Magic today is:

Magic is nothing more than the movement or manipulation of energies that are found naturally around us. Energy that have been proven and defined by science but energy that science my never wholly define as well, energy that is in the water we drink and the air we breathe, energies found in the earth and in our own beating hearts. Magic is the conscience and unconscious movement of these energies. Energies that are on all planes of existence and that affect all planes of existence. It is the movement of energies from within us and from outside of us. But Magic is also so very much more!

It is in the flight of a bird, the gentle touch of a mother, the guiding words of a father. It is the beauty in a rainbow, the strength of the thunderstorm, and the miracle that is the birth of a baby.

Magic can also be the unconscious movement of energies - if you think or wish hard enough for something to happen, many times it will! Is this magic? Yes in a sense it sure is. So be careful what you wish for. Is magic like a prayer? Well, I think a spell is in many ways the same thing as a prayer and yes, I think that spellcraft is the use of magic, so I would have to say that yes, I believe that prayer is magic, or a form of magic.

There are many types of magic the ones mentioned above and then there are many levels and shades of magic that most never touch upon. And some never should?

But it is my own personal belief that magic is energy, and it is natural, an energy that is all around us, in the trees, the earth, the air, and water and fire that are apart of our own everyday lives. Energy that we are part of and that is part of us and that we can use.

Is Magic Good or Evil, Black or White?

Ok, you often hear of Black Magic or White Magic, I have to say now that it is my own personal belief that *magic* in and of itself is neither good nor bad, black or white. It is the *practitioner* or the manipulator of the of the energies, the one casting the spell, or causing the aided healing, it is the practitioner, the witch, the pagan,

the person, that is good or bad, and who's *intent* causes the magic to act in a certain fashion. So again, be careful what you wish for, magic is real whether you believe in it or not. Magic can be as simple as a wish, good or bane, or as complex as a High Magic Practitioner can visualize.

This is only my opinion of what magic is after years of practical application, from the green witch level up to High Magic. There are lessons always to be learned, so I do not claim to know all there is about magic, only a general understanding, and a desire to always keep learning.

How Does Magic Work

How does magic work? Well that is kind of hard to pin point and say as well. There are many ideas on this. Personally I think *along* the lines of Newton's Law, for every action there is an equal and opposite reaction or of cause and effect. So when you do something, you cause an effect. When you manipulate the energies that are all around us that are even a part of us you cause an effect to happen depending upon the manner in which you manipulate the energies. It is more complex then that, but hey if I knew for sure how it worked it would not be considered *magic* anymore, but a science instead. I also have to admit that I do believe that one day magic will be figured out and deemed a science, but not in this lifetime.

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Anyway Denise Zimmerman and Catherine A. Gleason have a pretty good explanation in their book *The Complete Idiots Guide for Witchcraft and Wicca* on how magic works, their thoughts follow:

How Magic Works

(By Denise Zimmerman and Catherine A. Gleason)

Just as there are laws of physics, there are laws in magick. There are four magickal laws:

- 1) *The Universe abounds with energy.*** *As you may remember from your high school physics class, everything is energy. Objects that appear to be solid are actually mostly empty space. They consist of tiny subatomic particles bound by pure energy. According to the brilliant theoretical physicists Albert Einstein, even the particles themselves can be seen as energy instead of solid matter. A rock is energy. Water is energy. Wood is energy. The various tissues of your body are energy. Because we are part of the huge energy field of the universe, sometimes it is hard to see. But there is energy all around us all the time. You can use this energy any time you want.*
- 2) *Everything is connected to everything else.*** *Remember the metaphor of throwing a stone into a pond and watching the ripples move away from the spot where the stone had splashed down? The ripples move out in concentric rings, just as the repercussions of your actions do. If you actually do toss a stone*

into a pool of water, you see these ripples form because the water molecules in the pool are connected. If you move one, or in this case a few, you move them all. In esoteric teachings, you're taught to see the Universe as a network of fine threads called "Indra's Web". The web connects us all to one another and connects each individual to all things. Besides connecting us to physical, material things, the web also connects us to the higher realm, to spirit. As the witches say, "As above, so below." In other words, a movement in the heavens will cause corresponding movement down here on Earth.

- 3) **There are infinite number of possibilities.** Have you ever looked at the stars on a clear night and seen them go on and on and on? Well, they do. (if you haven't done this recently, try it!) Just as there are an infinite number of stars, there are an infinite number of events that might occur. Your possibilities are really limitless.*
- 4) **The path is within you.** In order to do magick, you have to tap into your subconscious mind. Your normal waking mind is used for gathering together all the things you need for the magick you are going to do. In fact, you use your conscious mind to decide what it is you are going to do. But once you have begun the actual act of magick, itself, you are communicating your purpose to your subconscious then increases the energy that you raise in the process and sends it to your higher self, your superconscious, and to spirit. At that point, the energy is ready to create the desired result.*

In other words when doing an act of magick, you use the connectedness of all things plus part of the huge supply of naturally occurring energy to turn possibility into reality by following the path within. The book *The Complete Idiot's Guide to Wicca and Witchcraft* was written by Denise Zimmermann and Katherine A. Gleason and was published by Alpha and copyrighted © 2000 by Amaranth.

Ok, the thing is magic comes as much from within you as it does from the world around you. It works whether you believe in it or not, and it works in many ways. Now, let's get a little more involved in magick and the different types and some ways of practice, but first a Word of warning for the wise.

Ethics and Word of WARNING to the Wise

Ok, how you practice magic, and what kind of magic and for what intent is totally up to you, I am not going to sit here and preach to you about black magic or white magic. Honestly I feel there is a time and place for everything, and to find, understand and maintain balance for you - I feel you have to understand your darkness as well as your light. Let me tell you honey, if you don't acknowledge the darker side of yourself and your magic and you ONLY try to practice the light and the white you are losing the balance. And when you don't have

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that balance the chances are high that sooner or later that lack of balance will cost you in some way shape or form.

So *Ethics* of magic, I believe this has already been kind of covered, but to spell it out let me say this... IF you are not yet experienced in the art of the ways of magic and also in the casting of spells, please accept this word of warning. Magic and Spells in and of themselves are not evil or good, black or white I have all ready stated this. But the fact remains - the **INTENT** of many spells or magical practices are either for Darkness or and or Evil causes, as well as some are of the intent with the dealings of the mixed shades of gray, and others are of the White light and or good causes. The magic or spells are neither good nor bad, either black or white - remember it is the **INTENT**, of the magic or spell carried out by the **Practitioner** - *the Intent*.

Those who wish to practice Dark or even Black Magic must understand the laws of the universe or at least as more Traditional Witches believe, they must take responsibility for their actions. Whether you believe in them or NOT the laws of the Universe or better yet the law of Nature and of Probability, what ever you want to call them, do exist, and that is the bottom line. What goes around comes around! If you send evil out, it will *eventually* come back in some form or another, to bite you on the butt.

Does it come back three-fold as the Wiccans believe? I can not say for sure. Does it come back as soon as you send it out, not always, it could be years and years before you pay or feel the repercussions of

the hateful or darker magic? I am stating this from *personal* lessons learned and from seeing the results of darker magic first handed and from someone in my family that practiced the darker magic, with out enough education or blasted common sense! What you do or don't do is up to you, not me, and not anyone else.

Do I believe in the Power of Three? Well, not really -because honestly in my younger and dumber days I did some pretty stupid magic and honestly I have not paid for any of it *three* times over. I do want you to know that I HAVE PAID for some of those stupid acts, and wishes when I was younger. Some of it did not happen right away, but took a couple of years before it finally came back and took a bite out of my butt! But you know what, I do take responsibility for my actions.

Anyway - even if I do not believe in the law of three, I do believe in Physics, and the law of Nature, and the laws of Probability. Life has taught me to believe, and my education has taught me to believe. I took physics, and Newton's law for every action, there is an equal and opposite reaction, has been proven in the real time world. I have NO doubt that Newton's law works just as well in the other or astral worlds. Except I think the laws of Nature, and of Physics, and of Probability may even be sterner and stricter on the astral.

I guess the thing is if you send out good then chance are pretty high that you may get even more good back, if you send out evil - well, you better duck, cause it will probably be coming back, just as dark and bad if not darker then what you sent it, just my personal

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belief. What you believe is totally up to you! I am not here to prove to you what will or will not happen.

I do know that all of the spells I have cast for myself and *many* of those I have created for others have worked. They might not have worked in a timely manner or exactly as I had wanted them to, but they worked none the less. So I do believe in magic, and I do believe in taking responsibility for my own actions good or bane.

Another note that I would like to make here, YOU are already powerful in many ways even as an untrained magic user, Magic works. You don't have to believe in it for it to work, and you don't have to know how it works for it to work. But if you believe in yourself, then does it really matter if you believe in magic or not? Simply believe in yourself.

**Is Magic stronger for a Coven or a group of Witches
then for one Witch alone?**

Is magic stronger for a group or coven of Witches over a solitary Witch? Well that remains to be seen. I think that it can very well be, but I also think that it is not always. Now, what I want you to know is that you DO NOT have to join a coven or a group for *your* magic to be stronger. Actually, you can have thirteen witches and thirteen of them working together for a specific goal may not do any better then *you alone* - one person working for that same goal? Why?

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It is difficult to really say why you may be stronger alone then with others. I kind of feel it is because you as an individual are focused, more in control. Where as if you have 13 other folks that are *supposed* to be focused on ONE thing, and try as they may I just don't think you can *truly* get *all* of them focused on that one thing at one time. Which means that energies are scattered, and unfocused or uncontrolled results could happen?

If you and three of your friends get together, can all three of you at the same time, clear your mind of other thoughts to focus on ONE thing? Or is there a chance that one of your friends my be stressing over her boyfriend messing around on her, or your other friend is worried, can he make the bills this month, FOCUS matters in magic with a purpose! And if you have three different people with three different situations, can they ALL three focus on one thing at one time? Maybe - maybe not - but YOU as an individual can either focus or try your magic at a different time, right? At least you would *know* if you were focused right!

I think that you can be very strong on your own, and that if you are not strong on your own *first*, then how can you truly be strong with others? So to be a solitary practitioner really is something important, even for the coven Witch!

I like practicing alone, I think that for true Spirituality I need to be alone to commune with my Creator, or whichever specific God or Goddess, or to simply commune with Nature itself. There are others that feel the real need to be apart of a group or a coven. This is fine

too, you will personally have to discover what works and feels best for you. There may be a time for you to be part of the group, and a later time for you to be a solitary.

However magic works in many different ways and on many different levels you will discover this over time, I assure you.

When do you use Magic?

When do you use magic? Well let me tell you there are some idiots out there that think magic is the answer to **everything**! What a waste, and how unrealistic! Magic is **not** the answer to everything, and if you think it is then you still have a long way to go before you know what magic really is.

Magic is not the answer to everything, and actually it is not even the answer at all some times. Before you use magic you should make sure you have tried all other *practical* measures first. I mean if I cut my finger, I am not going to say ‘hocus pocus’ and hope my finger gets better! I am going to do practical first aid on my bleeding finger. Stop the bleeding with applied pressure, clean the area, assess the damage, and either go to a doctor if I think it is needed or put on a Band-Aid! I am not going to rely on magic to make it go away. However, I may use magic to aid in the healing, or to help stem the flow of blood, practical magic. But I’ll use practical common sense measures first, not magic!

If some one steals something from me, I am not going to use magic first, I am going to take proper measures such as do I need to contact the police? Do I know who did this to me? Can I prove it? Can I press charges? Should I kick butt, oh did I forget to mention that I used to take and help teach American Karate in my younger days, so fighting like magic would not be my first course of action, but it is an eventual option. The thing is magic is not always going to work, nor is it always the first answer.

Any experienced magic user will tell you that magic is not the first answer, but most often the last! After you have tried to solve the problems in a realistic practical manner when all else just does not seem to work, hey, then try magic to help!

You just need to realize that magic is not the answer to everything, and you have to be smart enough to realize when to and when not to use magic. Don't use magic as a cop out, as a quick fix.

Love spells, or potions, some form of love magic, man I get this all the time, can you help me with a love spell, or magic to help me make this guy fall in love with me? Let's get practical here, does the guy even know you exist? Cause it is impossible to get Heath Ledger or Mel Gibson, or the Young Prince of Wales to fall in love with you if they do not even know you exist! It is also impossible to make them fall in love with you if they are all ready married, or if they are all ready truly in love with someone else. Don't waist your time or your magic on things that are truly out of your control, or that you should not be messing with in the first place!

Why married? Well, my own personal opinion is if a guy will leave his wife for me, then the chances are really high that if something better then me comes along he would leave me for that someone else... and I think more of myself then that. I don't want a guy that will leave his wife for me it simply means that *commitment* means nothing to him.

If a person can not see you and love you for the amazing person you are for the inner beauty and strength you possess then honestly they are not worthy of your love! We all deserve to be loved, honestly and truly for who we are, for what we are and for what we may one day be, not for something we are not, or never want to become!

What Types of Magic are there?

What types of magic are there really? I know if you ask ten Witches or Magic uses what types of magic are there they will list many of these right here:

- ❖ Low Magic
- ❖ High Magic
- ❖ Black Magic
- ❖ White Magic
- ❖ Gray Magic
- ❖ Personal Magic
- ❖ Coven Magic

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- ❖ Color Magic
- ❖ Candle Magic
- ❖ Healing Magic
- ❖ Herb Magic
- ❖ Number Magic
- ❖ Animal Magic
- ❖ Protection Magic
- ❖ Dream Magic
- ❖ Everyday Magic
- ❖ Sex Magic
- ❖ Glamour Magic
- ❖ Scrying Magic
- ❖ Angel Magic
- ❖ Crystal Magic
- ❖ Knot Magic
- ❖ Poppet Magic
- ❖ Chaos Magic
- ❖ Ceremonial Magic

Wow, that is a lot of different types of magic right? And there are even more types I have not mentioned, but how many types of magic are there really?

Well, I know that I am going to catch a lot of flack for what I am about to say, but please bear with me, I think that there are truly only **two**, yes only **2**, **types** of magic. But you say? But I just listed over

twenty types of magic how can there only be TWO? Well as I said this book is not meant to be like others, if it were then there would be no need for me to have written it right, you could just go out and buy one of the others!

Back to the subject, how can I say that there are only two types of magic? Well, think about it, I mean really take a moment or two to think about what I am about to tell you.

The two types of magic are as I stated in the beginning of this chapter, the magic of the on stage magicians such as David Copperfield and the magic which is **Illusion Magic**. Then you have the **Magic of Nature** and the Universe that Witches, Shamans, Pagans, and Wiccans, Mages, and other Magic using Practitioners use. There are only truly those two kinds or types of magic everything else is only supportive magic to real magic.

Two types of Magic

1. Stage Magic or Illusional Magic
2. Real magic, the Natural Magic the manipulation of the energies around us.

Anything else is only supportive. It falls into either Real Magic or Stage Magic. So, let's take a look at some of the many forms of magic that fall in to the supportive category. The ones that are aids to real magic.

Supportive Magic

What do I mean by *supportive magic*? I mean all the other types of magic listed previously are only things that support, aid or assist magic they are not the magic. If you do not have the *original INTENT*, then you do not have magic. Magic is the manipulations of the energies or vibrations that are all around us. A candle can not manipulate itself at least I have not seen one do so in all my many years of life. A stone can not aid in healing with out being placed near the sick or it's energy willed to do so. So you still need the manipulations of self, or a human to carry out the magic, you still need the **INTENT!** And it is that intent that is the manipulation of the original or true magic in the first place that causes the effects or the movement and manipulation of the energies around us to do or not to do certain things. Anything else is only an aid to that original intent, only assist the original magic.

There are of course different levels of support or aid in magic, and these different levels are what is most commonly referred to as different kinds of magic, but are they really? Are they really *different kinds* or types of magic, or do they all do the same thing, in some way, shape or form, support the original intent - *support the original magic*?

Ceremonial magic, it is a very in depth form of supportive magic, but to me it is still supportive magic! I mean if I call upon an angel, demon, or a spirit to grant me info, or aid in carrying out my magical

purpose. I am still only using them as support, as an aid, the angel or demon or the spirit would not have helped, aided or *supported* my magic if I first had not had the original *intent*. So, from low magic to high magic, it is still only magic. What separates it from other magic is not the magic, or the kind or type of magic, it is the *aid*, the *support* or the *extra assistance* to the original magic right, that makes the difference, but does it make the magic different? Is the magic different or only enhanced? I'll leave that up to you to decide.

Well I guess it is time to take a deeper look at all those types of Supportive Magic's huh.

Types of Supportive Magic

Ok I know I have all ready said this before, but I feel a need to stress the fact that that magic is neither black nor white, it is the intent of the magic user that is either light or dark, good or bane, and that is the bottom line. There is NO Black Magic, or White Magic. These terms are most often used to distinguish the **INTENT** of the magic, not the magic itself. So I am not going to go into Black or White Magic, since there really is no such thing.

So, what other types of magic are there to look at? Low magic and High Magic?

Low Magic and High Magic

So what is Low Magic and High Magic? Well, Low Magic is the magic that the majority of Pagans, Witches and Wiccans use. Low Magic is something that nearly everyone uses. Low Magic is the simple uncomplicated magic that we use almost every day. Protection magic, some healing magic, herb magic, candle magic, most spellcraft is lower the use of lower magic, but some spellcraft can be of higher magic.

What is High Magic? High Magic is most often considered to be more in depth magical workings. Ceremonial Magic is considered to be High Magic. I guess to get a better understanding of both Low and High Magic we need to take a deeper look at the types of Low and High Magic.

Personal Magic

What is personal Magic? Well this is **real magic**. This is the magic that each and everyone of us possess or has access to. Personal magic is the energies that you start all magic with, and it is the magic that is where the real INTENT is given shape and form to.

Personal Magic is sometimes considered magic of the mind. True to an extent, but to me, Personal Magic is more than just the use of the mind, it is the use of the very essence of self, of spirit. Personal Magic

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is the real connection to the invisible web, or mesh or net that is thought to connect all things big or small.

Personal Magic is the starting place, the beginning for all other magic's whether they are High or Low, that you as an individual will ever perform. Some may agree and some may disagree with me, but any other type of magic starts with your own personal magic, your personal manipulation of the essence that is magic, your own personal intent. From a simple prayer form of magic to summoning a spirit or demon, it is your personal intent that gets the ball rolling, and that is the bottom line.

Differences in Personal Magic

Let's talk about the differences of Personal Magic as well ok. So often I hear one practitioner tell another that after magic or spell work he or she feels this way or that way and that if the other practitioner does not feel that way then they *might* not be doing something correct, that their magic may not be working. Hogwash!

We are all **different** and we are all **unique**. We come from different backgrounds, cultures, and belief systems. We are all influenced by a multitude of different things that shape and change our personal magic and us as well. Just because one magic user feels one thing and another magic user feels something different it does not mean anyone is right or wrong, or that anyone did anything right or

wrong. We just all do things and react to things and see things...
DIFFERENTLY!

If we were all the same, thought the same, believed the same, did everything the same, think about it, this would be a pretty boring world. It is the diversities that make life exciting, and different.

If thee practitioners work the same spell for a specific intent, it does not mean that the results will be the same for all three of those practitioners. We all approach things differently, and we all do things differently. Even if that same spell were perfectly done little detail by detail the results and the reactions could very easily still be the same. Why? Because everyone individuals Personal Magic is as unique as the individual!

Out of those three individuals after working magic one may feel week, tired, peaceful and drained. Another one may feel energized, excited, and really happy after magic work. And the last one may feel peaceful and calm and relaxed after performing magic. Three different reactions to performing the exact same spell why? Because each individual practitioners Personal magic and the manner in which they use it, harness it, and expend it is so very different and unique to each and every person!

So if your buddy over there is telling you that if you do magic or spell work properly that you should feel this way or that way, just smile at your buddy like you are listening. Because inside you will know the truth - that everyone is different, and everyone's magic is too!

Let us get a little more specific about Personal Magic. What are some examples of Personal Magic you ask?

Protection Magic

Protection Magic is one good example of Personal Magic. As I said in an earlier chapter, I personally do not use a lot of magic, I don't feel the need to anymore, but I do use Protection Magic. I am a mother, and I will protect my child, the one I gave birth too, and my more furry child, that some folks call a dog, and I will protect myself and all my loved ones, family and friends a like. I often use Protection Magic almost as a reflex it is so natural to me now after all these years of utilizing it.

I use protection to keep my loved ones as safe as I can. I use protection magic to keep me and who ever is in the car with me while I am driving safe, and to help me to not get speeding tickets! I use protection magic so that I will not harm animals while I am driving, or that animals will not cause me to harm myself by trying not to hit them. I use protection magic to help keep evil and sickness away from me, and my loved ones and my home. There are many reasons why to use protection magic.

So, how do I use Personal Magic for protection? I visualize a force field if you will, around my car while I am driving, I use the power of my mind, my personal power, or magic and that of the world round me. Yes I do have to reinforce the force field while driving,

motion seems to wear of the bubble of protection that I create. I also visualize and create a force field of sorts around my home as often as I remember to do so. I mentioned this when I was talking about shielding. I actually weave a shield around my home and the property I live on.

I use spellcraft, or rather prayers to protect my loved ones. No I don't always pray to a specific God or Goddess, often I pray to my Creator. I guess some would see this as a Wiccan view, and others may see it as the Christian that is still within me. My Creator is not actually a God or a Goddess, but is where all God's and Goddess and all life come from. Anyway, this is to what or whom I pray to when it comes to protecting my loved ones. And this is a form of magic as well, personal magic that is also supportive magic, from the Creator.

What I am trying to get across here is that there are many different ways to use Personal Magic for protection. However it is something that each individual will have to figure out, what works best for them, because we are all different, what works great for me may not be the method that works best for you. You will, just have to over time and with trail and error and experience, find what is best for you. I am not here to tell you how, only to guide you a little.

Candle Magic

Another form of magic that I actually do use is Candle Magic. It is one of the easiest and simplest forms of supportive magic. I think in

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many ways Candle Magic is also so much more complex then many ever think of it as being. Another thing with Candle Magic is that you can make it as simple or as complex as you want it to be.

There are whole books, and many of them, out there on Candle Magic, what I am going to share with you here is what I do or have done over the years, and some of the things that work and matter to me.

What is so special about candles? What makes them so – magical? Well think about a candle before it is lit, it is solid, solid in a manner that is a representation of the very earth itself. When you lay flame to the wick of that same candle what immediately starts to happen? That solid candle starts to become... liquid! And the flame throws off a heat, and often an almost invisible plume of smoke. I mean what do you have there? You have the solid candle, a representation of earth, the liquid part or melted candle that is easily a representation of water, you have actual fire, and you have either the sent of that candle or the smoke from that candle that is a representation of air. With a candle you have the unique ability to represent Earth, Air, Fire, and Water all in one neat little package. Hold on that is not all! Once you charge that candle it is also a part of you because you used your very own personal magic to charge it. Now it is not only a representation of all the elements, but of yourself and your will as well. Nothing else is like this, nothing... how can it be anything but – magical!

Ok, let's look at how to perform Candle Magic, this type of supportive magic is so popular, even in other religions. It is such a natural form of magic, so how do you do it?

First, where do you get your candles? What kind of candles do you need, and what about colors and scents?

Now of days it is hard to find candles made of beeswax, and just about as hard to find unscented candles. Use what you are blessed with. Don't loose the beauty of the religion or of the magic over a scented candle, or because you don't have the right color! Use your head, and be practical.

In days gone by all candles were pretty much white, or if you were not of the upper classes then your candles may have been off white, almost a dingy. But until more recently you could not just pop out to the store and pick up a green or red or silver or gold candle, you only had white or that off white color. So if my ancestors could make due so can I! What I am trying to show you here is that you don't have to have a special color or shape or size candle for Candle Magic to work, and work well.

You will find in the back of this book that you will discover a section on correspondences and in that section you will find color correspondences that you can use for candle magic if you want to use colors. So you go to the store, and you can't find the color of candle that you feel you need what do you do now? Well, black is actually not a color, it is the absorption of all colors and what you see is the black. White is not actually a color either, it reflects all colors and

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what you see is the white. So either black or white candles can be used to represent *any* other color out there that you could possibly imagine. Don't make it more difficult than it really is. Remember candle magic is actually supportive magic, the colors are only a little more support, not a necessity!

Ok, now you go to buy that candle and you find them in jars, or not in jars, and you find them tall and short, and fat, and skinny. You find candles in shapes, and in mixed colors, and in different fragrances. You find them for a good price and you find the ones that cost a fortune. What do you get and what will work? Anything will work, and I know that there are going to be some practitioners out there that totally disagree with me, and that is totally fine. I know what works for me, and I have used so many different shapes, sizes colors, wax types, and fragrances. Magic is the **INTENT**, the manipulation of the energies around you, within you, with in that candle as well. That candle is not the magic it is only a *part* of it, a supportive prop, or an aid. You don't even have to have the candle for the magic to work, never forget that.

Candle Magic is so simple, and some folks make it so ridiculously hard, it blows my mind. What is really important about Candle Magic? Well, that is up to you, you may like the more complex, or like me, you may like to keep it simple, closer to earth and nature. That is your call, not mine.

When you buy a candle, or decide to make a candle, get what feels right to you. I mean gut right to you. If you are compelled to grab it

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then get it! If you don't really like it, then don't get it! What ever you get, whether it in a jar, a glass, or a small votive, or a large pillar candle no matter if it is purple, or black, or white, is made of bees wax or regular wax, you need to clean it. This candle or wax has been handled during the making process, the packaging process, the shipping process and the displaying of it. It has been touched by several folks, and honestly residual personal energies from those other folks are probably still attached to that candle, your candle, make it yours. Clean it!

How to clean a Candle

How do you clean a candle? Well... you can run it under water, not the wick, but the rest of the candle you can run it under water and then let it sit and dry for a little while. The fire will clean that wick I promise you. You can use your own personal energies to drive the other energies away, just visualize the your own energies cleaning up that candle and pushing the other energies away. You can smoke, sage or incense smoke and let the smoke flow all over and around the candle in a glass or not and let the smoke take away the other energies. Or like me you can just let it, your candle, sit in the window and the sunlight and moonlight for a day or two. Or sit it in a bowl of dirt over night, naturally grounds the other energies.

Anoint the Candle

Once you have cleaned your candle you can then like some practitioners do, anoint the candle. I personally do not anoint my candles for candle magic at least not very often. That is up to you. In my younger days I did anoint them, and I do recommend that you at least know how to anoint them. Some folks do see anointing a candle as purifying it, which would be getting rid of those other energies anyway.

So, how do you anoint a candle, well you need some oil. You can use a specific pure oil, or olive oil, or baby oil, or cooking oil, just oil. Different Witches and magic users will tell you the importance of using this oil over that oil. Discover what works best for you ok. There are also different manners in which to anoint a candle. Some will tell you to start in the middle of the candle, this is great for a pillar candle, start in the middle and in a clockwise motion spread the oil from the center to the top of the candle. Then flip the candle over, and starting in the center again in a clock-wise motion spread the oil to the bottom of the candle. Visualize the candle clean and anointed and ready to carry out and aid you in your magic. Or you can anoint the candle in the name of a specific God or Goddess. As I said, I don't anoint my candles often.

You can also start at the bottom of the candle and in a clock wise motion spread the oil from the bottom to the top. Others will say start at the top and move in a clock-wise motion to the bottom. Your call,

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your choice ok, it is up to you how you anoint your candle or even if you anoint.

If you have a candle in a jar, and all you can touch is the top of the candle. Then start in the center and spread the oil out in a clockwise motion outward. If you want to spread it in a counter clockwise motion that would be fine to. I believe that is the way the earth spins... counter clock wise, so if it is good enough for the earth, it is good enough for me.

Charge a Candle

You might want to charge your candle. I do charge my candles. When you charge a candle you are actually placing the magical intent into it. I recommend this because if you are going to the trouble of using a candle to help you in your magical purpose then take the few seconds that it will take to charge it with the proper intent. How do you charge a candle

I stand with the candle in my hands, this is a candle that is not in a jar, I hold it in both my hands, I close my eyes and I focus, and I send my personal energies into the candle. I visualize the intent that I have for the candle and the magic I want it to help me carry out. Voila my candle is now charged.

What if the candle is in a jar? I still hold the candle in both my hands the same way. I just bless my candle in a different manner.

Candle Blessing

Often I will bless my candle as well. If you are not spiritual, or the magic you intend to perform is not of a religious intent, you might not bless your candle. Most of my magic is for protection or healing, so I do bless my candles as well.

How do you bless a candle? Since blessing would be a religious or spiritual thing, then it is easy to see how blessing would be something personal, and unique to each practitioner, and religion. Since Candle magic is not only for Witchcraft, or Wicca, but can be used by Christians and others a like. I simply hold my candle in my hand and for my everyday candle I bless it by saying something like:

“I bless this candle in the name of (Which ever God or Goddess I use) for all that smell it sweet sent, view its gentle light, to be blessed with the light, to be safe, and protected, for all evil and sickness to flea to fall upon the threshold of the God or Goddess that I named. As I will it so mote it be.”

Simple, to the point, and from the heart. Whatever you say, or however you bless your own candle is a personal decision. But you get the general idea right.

Lighter or Matches

Ok, something else with candles, some folks will say you never use a lighter to light a candle and others will tell you never to blow a

candle out, whew. All these do's and don'ts can get to be a pain in the butt when you try to remember everything. I do blow my candles out, especially the ones down in the jars. It is not always easy or practical to use a candle-snuffer to put the flames out. So I blow them out. However, I do respect the energies of the flame and that of the candle and the intent when I am blowing my candles out. If my magical work is not complete when I blow the candle out I am sure to make note to say something like:

"Though you are out on the physical may you still burn brightly on the astral, warm blessings."

There are some folks out there that are going to say that you **have** to do the dressing and the blessing, and the everything else to your candle before you can use it. Bottom line is you would not **have** to do any of that if you don't **want** to or if it does not feel right to you. I don't really see some of my ancestors in this life or in others taking the precious oils, and charging candles that much. The thing is if I burn that candle and I have a specific INTENT for it upon burning it. The universal energies, or vibrations, or what ever you want to call them, are smart enough to know what it is I intended as long as my INTENT was well visualized, clear, and understandable to myself first and foremost. The candle is only supportive magic! So, I guess you would like to know some actual Candle magic techniques right.

Ok, one of the simplest and most effective ways in which to use candle magic as an aid to your own magic, beside the fact of simply empowering it with your intent, is to inscribe your intent or

incantation onto the candle. With a pin, or sharp object that you can use to write your desire on the candle itself.

Another way is to use spellcraft, simply write your spell down on a clean sheet of paper, visualize your intent, clearly see what it is you want to happen. Sit the candle on the paper for sometime and think on what it is you want to happen. Then take the paper and burn it with the flame of the candle.

Fire Safety

Ok folks, when dealing with candles or fire of *any* sorts you have got to use your head. When I was eighteen years old, and pretty stupid, and still fairly green when it came to the workings of magic, I was using candle magic to cast a stupid love spell. Needless to say, I thought I was in love, duh, I am so glad I matured past that *infatuation*, however you could not have convinced me for the world at the time that I was not truly and deeply in love. Anyway I left my room, to go out with my friends, and the candle was still burning. Did I ask someone to keep an eye on it? Yeah actually I did, but that was part of my stupidity ok. ***NO one else should have been responsible for my burning candle***, No one! So, I left my responsibility and that candle burning. Yep I really and truly thought it would soon burn out and the spell would be complete! WRONG! I did not have that candle in a *fireproof* container, and I did not have it sitting on a good *fire safe* surface. So, to make a long story short, I caught my room on fire

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and burned up my nearly new and totally amazing remote control stereo system and my bed, and did a good bit of fire and smoke damage. IF that fire had not been caught in time, I could have burnt the whole house down!

So, when I tell you to use common sense, and to practice fire safety I am not preaching to you, I am telling you from personal experience that if you don't practice fire safety then you could do some serious damage. Fire is *very* destructive if not kept in hand.

So when you are using candles please place them on a fire safe surface, like glass or clay. Make sure they are in fire safe containers when burning like clay, glass or metal. And please ***never*** leave a burning candle unattended for more then a moment. It takes no time at all for fire to spread and become deadly.

If you burn paper, or herbs or anything while using candle magic or alone, please make sure that you have a fire safe container to burn them in. keep sand or water or a fire extinguisher on hand, heck, be safe and keep all three on hand! Better to be safe then sorry, I promise you!

Ok, so let's look at some other magic.

Color Magic

Color Magic is the supportive magic that utilizes color. I guess you could have figured that out right. Anyway you can enhance your

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magic or spell by using different colors; again you can find the color correspondences in the back of the book.

One way to use color magic is with your candle magic. Just pick the color candle that you need to aid you in your magic. Another is to write your spell on a colored piece of paper. Knot magic is another way to incorporate color.

Color magic is something fairly new. I mean if you think about it up until recently, meaning about the past couple of hundred or so years we did not actually have that many colors to that many items. I mean to be able to purchase a colored or printed cloth was a luxury and costly at that. And if you go back further then that then it was not easy at all to purchase colored fabrics. Yes the orient or east created beautiful colored silks, but not many folks could afford them. So prior to about two hundred years ago if you wanted your fabric to be of a certain color you had to dye it yourself from root dyes and other methods of dying fabric. And I guess you realize that it was next to impossible to get colored paper probably less then seventy-five years or so ago. So color magic is still a fairly new magic considering all the other types of supportive magic.

Poppet Magic

Now this is a form of magic that is *not* new. Poppet magic is actually pretty old even to go so far back as Egypt and Babylonian, but not as necessary today as it was in days of old. You see, now of

days we don't need to carve or sew images or mold wax figures to cast a spell, or to perform magic we can often get an actual photo of the person or thing we wish to perform the spell or magic on.

Poppet magic is what ever you make of it, just as all magic is. It has been used to help heal, and to make someone sick as well. It has been used to cause pain, and to bring pleasure.

The Poppet is created and charged often while being created even. In days of old before we had pictures it was, and still is easier to have something to focus on when dealing with magic, or casting spells. This is what Poppets are for, focus. Now we have photos, but there is still times that we can not obtain a picture of the one we want to help, or harm so just as in days of old, poppets are still used.

This is another time when hair and fingernail or toenail clippings were used in days gone by. The more you could personalize a poppet, the more control, or focus you had.

Sex Magic

Sex magic, old or new? Well I tell you it is probably one of the oldest forms of magic. And one of the most misunderstood forms as well. Sex, the Christian teachings have taken sex and turned it into something nasty and ugly something to be ashamed of wanting or needing. Well sex is a **natural** part of life and existence. I mean think about it, all the animals are doing it! They are not ashamed of doing

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it, and don't even care if someone sees them doing it. Sex is natural, and beautiful and very magical.

When two people get together and have sex think of all the energies they, together create! Whew, if those energies can be directed for a specific cause think of how much they could aid personal magic!

Now, hold on, before you run out and just start having free for all sex, let's talk seriously. Yes, sex, making love, is an amazing and wonderful thing, but it can also be deadly. There are all kind of sexual diseases out there now of days from disgusting things like Gonorrhea to Syphilis, on up to things that can truly kill you or compromise your immune system like Herpes or HIV that leads to AIDS. So please before you just feel like going out and having sex, be smart, and be safe! I am not teaching a sex safety class here, but use protection, and I don't mean a magic circle! I mean use condoms, and safe sex! Abstinence is still the safest sex you can have, just don't have sex! Not to mention, once that virginity is gone, honey... it is gone!

Now, another thing, you don't *have* to have a partner to practice sex magic. Nope not going into a lot of detail on that one either folks, if you can't figure it out, I can't spell it out any more then saying, you don't need two people to reach, well the only thing to call it is - orgasm. It is also something that takes focus and it is way easy to loose focus when in the wonders of orgasm.

Now, sex magic, it is not just the energies that are raised that are great for magic, but some say it is also the fluids that are created,

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sweat, semen, you know the actual fluids created by sex. These fluids are used by some to aid in magic. This would be up to the individual or couple.

Just remember to be safe, please.

Weather Magic

Weather Magic is supportive magic utilizing the weather. Most Witches I know absolutely love thunder storms, I know that I do. There is an amazing energy in the air previous to, during and right after thunderstorms. Now, I like to be safe too, I am not going to run out and put myself in danger to dance in the rain, which I love to do and have done many, many times as a child growing up in the country. However I did not dance and run in the rain while it was thundering and lightening, one time was enough to learn that you don't have to get hit directly by the lightening to *feel* it! And since the only real way to enjoy the dancing in the rain is bare footed it is really easy to feel a shock in a puddle of water if lightening hits anywhere really close, I promise you, I know!

Anyway some folks think that Weather Magic or Weather Witches are Witches and or Magic that manipulate the weather. Well, this is not wholly accurate. There are maybe a handful of Witches that can manipulate the weather on small scales. And the Native Americans also practiced Weather Magic on small scales, most folks have heard of the rain dances.

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The old nursery rhyme “Rain, Rain go away, come again another day” is in so many ways a simple spell, prayer or a form of weather magic. But be careful what you wish for! If you wish for the rain that you are getting today to pass more quickly then it should have, then what if you have a drought following? Or visa versa if you are not getting enough rain, and you do weather magic for rain and you get a flood? Weather is not something to play with on the level of manipulating it.

Now, using the energies raised by weather to me only seems like a natural thing to do! As I said, in a thunder storm there is amazing free for all energy! As is with hurricanes or typhoons as well there are large amounts of energy that can be used as supportive magic.

So how do you use weather magic? Well every practitioner is going to be different. Personally I only use small amounts of weather energies; I am most often to in awe of nature to remember, oh hey, I could be using this energy to help heal my buddy in Florida, or my Internet pal in the UK.

Healing Magic

Healing Magic, ok I am not totally sure where healing fits because it is so many things, so I am going to add a little spot on it here, and then have a separate chapter on it as well. I think healing is important especially since I am a healer myself.

How can you use magic to heal? Well, you can most certainly use your personal energy to aid in healing, you can use colors to support in healing, and you can use candle magic to aid in healing, you can use spells and much more for healing. So you see, Healing is one of those things that just does not fit neatly into one of those little boxes. To learn more of healing please view the chapter on healing.

Ceremonial Magic

Ceremonial Magic is High Magic. It is magic that deals with specific forms of ceremony to bring about specific occurrences. A lot of detail goes into performing Ceremonial Magic, and it is that detail that is so *very* important. If you are doing a summons which is part of Ceremonial Magic then you better know what you are doing from start to finish, BEFORE you even start. You have to know many things and do things in a specific order and manner to get the results that you want, and to not put yourself into any real danger. However if you only do something half ass, then you are going to wind up paying for it latter. Again, I promise you this, I know. Not because I was so stupid to summon and not properly banish, but because someone very close to me did not know wholly what she was doing when trying to call upon certain demons/spirits to aid her in her darker intent. Let me just say that it has taken many years of my own personal magic to make safe things that she made unsafe.

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Ceremonial Magic does utilize a number of tools, and often can be preformed from one of the two main sources on Ceremonial Magic, that of the Goteia and or the Key of Solomon. However if you tend to have difficulty understanding those works that are considered Grimoires then you might want to try *Modern Magick Eleven Lessons in the High Magickal Arts* by Donald Michael Kraig.

No I will not teach you how to use High Magic in this book, one it takes a lot to learn High Magic, it takes knowledge to use it, and most of all it takes dedication to start and follow through. Besides it is my own personal opinion that NOT everyone should be attempting High Magic, or Ceremonial Magic, at least not with out several years of training. It is just not something to be toyed with. Hey, but that is just opinion, you can go out there and do what you want to do. I just wont have it on my conscience.

Chaos Magic

Ok, so how do you define Chaos Magic, when the mere name claims Chaos? Chaos, the dictionary states that Chaos is a state of complete confusion, or disorder. So how can you define a magic that is complete disorder?

Well, actually Chaos Magic is not so confusing as all that. You see Chaos Magic is simply a hodgepodge of magic. It is not tied to any specific religious workings or doctrines, nor is it something that has set rules of order, that would defeat the meaning of Chaos. In

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some manners most non pagans use some forms of Chaos Magic, for they don't really know what they are doing.

Chaos Magic is often thought of as darker magic, but that would still depend solely on the INTENT of the magic practitioner, not the fact that it is Chaos magic.

Chaos Magic can be as simple or as complex as the practitioner makes it.

Black Magic and White Magic

Ok, why am I talking about Black and White Magic again when I have already stated that Magic is neither black or white but that it is the INTENT of the magic user that is either Black or White. Well I just wanted to make a quick note here, that yes even though magic is not black or white it could be refereed to as such. Why? Well to title or label magic, as we humans seem to want to label everything, then to label it gives it a distinction.

You see Black Magic is no more evil or black or dark then White Magic is, because Magic is not black or white, but it is more the INTENT that is being labeled when someone refers to Black or White or Gray magic. If we label the intent it makes it easier for us to deal with?

So when someone refers to Black or White or Gray Magic they are referring to the INTENT that the practitioner has when dealing with that magic. I seldom find someone that has purely black or white

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intent, but a lot of gray, yes lighter or darker shades, but not wholly black or white.

So, now when you talk about magic you know that it is not the magic that you are calling Black or White or Gray, but the intent.

Other stuff about Magic

Ok other things that are not always addressed about magic, drugs, alcohol, sickness, anger. Let me make a few notes on these things ok.

Drugs and Alcohol

Drugs and Alcohol, there are many Wiccans that will say you *never* use drugs or alcohol especially when in a sacred circle or during magic or ritual, well, that is their choice. What I want to say on this topic is this, there is a time and place for everything, but only you can decide if it is the right time or place for you to use drugs or alcohol.

I think that the body is something special and should not be abused with drugs or alcohol, but I also know that even Native Americans used things like Peyote to help them reach vision states, so I don't rule anything out.

But, just like with sex, for goodness sake, please, use your head. There are a lot of dangers when dealing with drugs, one of them is that you never know how your specific body will react to certain drugs. One time could be your last time, or one time could get you

addicted, or one time could get you killed because you had an aversive reaction, those are chance that only you can decide to take or not. I am not here to judge or condemn you, and I am by no means little miss perfect here. However I was smart enough to never use needles, or to put my self in a position where I could not protect myself. Main reason I do not personally care for drugs is that I *don't like to loose control of myself*, or my body, or my mind in any way. There are very few people I would trust with my person if I were not able to take care of me, and a room full of folks that are tore slap up, or drunk off there ass are not the ones that can get me to a hospital if I need help, or revive me if I have a bad reaction.

As I said, I am not perfect, and the times that I did let go, I did not like not being out of control, that is a choice that you as an individual will have to make. Be safe, don't be stupid.

Magic when you are Sick

Should you practice magic when you are sick? Well, there are different levels of being sick. If you are just starting to get sick, feel a little yucky, then by all means use some healing magic to try to help yourself get better. If you are sick and you are feeling really bad, then no do not use magic even to help yourself. Get help, don't be stupid when it comes to medicine either...as I said there is a time and place for everything, and I believe that a mix, or a balance of nature and science is a good thing. Herbs can not cure everything! But then

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again, why use other medications, synthetic medicines if the herbs could work. Use your head, if you are feeling weak, don't do magic. If you feel up to it, then do what you feel like you need to do.

Anger

Should you do magic when you are really angry, totally pissed off? Well, some folks may say that is when your magic will be really strong. Well, that remains to actually be seen.

Last bit of advice...if you DO want to cause harm...your spell will work better if you are calm, collected and rational about the situation...not hot headed, exploding mad... Yes... emotion, real emotion adds to a spell, but if you are all pissed off, and shaking uncontrollably...chances are your spell is not going to work...that great...why? It is REAL emotion right...Yes...but it is SCATTERED emotion...not DIRECTED! Understand? So you may want to cool it for a day or two before you blast that cheating boyfriend and the bitch he was with, or before you curse your old best friend because he stole your girl, or before you slam that other employee that got YOUR raise and position. Directed magic, and spell craft works a lot better if it is not ruled by the emotion, only enhanced by it.

As I said this is my opinion, it is my experience, so you will have to discover what does and does not work best for you.

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Personal Notes or Thoughts

Chapter 24

Spell Craft



The ***Spell***, it seems that the word Witch and the word Spell go hand in hand but did you know that there are a few witches that never even utilize spell craft?

I am sure that you have seen in stores, books, magazines, and especially online all these Spell-Kits, some that are fairly cheap and others that actually cost a fortune. Well, I'll talk about that later in this chapter as well, for now, let's take a look at what Spell Craft is.

Spell Craft is the craft of using spells, simple right? Well what is a spell? For that matter what is a spell, a curse and a hex? To really understand Spell Craft you need to know what a spell is.

First let me state that the reason I have placed the outline of this book in the order I have is because I thought it would contribute to the easiest manner of understanding what is going on between religion, and magic. By now you realize that to practice magic does not mean you have to practice any prescribed religion, and in all intent and purpose Spell Craft is simply another type of magic, and supportive

magic at that. So if you have read and understand the Magic Chapter then this is not going to seem foreign to you only educational, I hope.

Spells and Ethics, I will not go in to ethics that much here. What you do and don't do is totally up to you. What you believe and do not believe is totally up to you. However I can not in good conscience offer the following information on Spell Craft with out at least providing a small amount on ethics. There are many witches and magic users that believe when it comes to magic and spell craft that you get back what you put out. Meaning if you do good - you get good back, if you do bad, you eventually get bad back. I believe that some call this Karma. Karma is an *Eastern* concept and is not actually a part of Traditional Witchcraft, but does seem to be a large part of the Wiccan beliefs. There are many that believe in the law of three, or threefold law - meaning what ever you put out or do you get back - three times stronger, or worse then what you sent out. This does not just apply to magic, or spell craft. I already discussed this in an earlier chapter, so please understand that what you believe is totally up to you, I am not going to tell you how or what to believe, only share with you my own experiences.

If you work really hard for something, set goals to obtain it chance are you will! But if you want something, and all you do to try to get it is to just *keep wanting* chances are slim to none that you will ever get what you want. Yes there are 'Wishing Spells' but it takes a little more then just 'wishing' to make them truly work. If you are cranky and crass to others around you, others will most often be cranky and

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crass back to you eventually. But if you are nice and helpful then most often others will go out of their way to be nice and helpful back to you.

There are some that will say that the above is a bunch of malarkey, or bull. Let me also tell you that ethics and values are not exactly the same thing. Let me tell you what I believe and please know that what I believe today may not be what I believe tomorrow that is just the honest truth of the situation and of life and learning. Also, just because I believe a certain way is not saying that you HAVE to believe that way as well. I feel the need to at least let you know where I personally stand. However, you will have to learn where you stand. So here is what I do believe in, I believe in the laws of cause and effect, something like physics, but not quite as definable! There is just too much tangible proof! I believe that Newton's First Law of relativity states that for every action there is an equal and opposite reaction. That is on the physical plane - don't believe me? Ok, if you hit a nail with a hammer the nail goes deeper into the board, but the hammer also bounces back right, action and reaction.

Now, as I said, that is on the *physical* plane. Since I don't actually know what takes place on the astral plane, at least dealing with spell craft, and I do know that the spell does access the astral plane, I can not tell you what could or will happen. But personally I don't take chances unless there is without a doubt no other choice. I will protect my loved ones, I expect anyone too. Let me also tell you, that if you decide that ethically it does not matter if *you* personally practice a

light or darker shade of spell craft that is your decision. I can tell you from personal experience in my *younger* and dumber days that I tried my hand at a few unethical spells and they worked! No repercussions, at least, none right away. I did pay for those spells several years later and when I realize what was going on I totally regretted ever-practicing unethical spell craft. That choice will be up to you. I am just telling you whether you believe in it or not some how, some way what goes around with out a doubt, does come back around. That is why you will find a section on **Ryder's** here. It is a way to protect yourself from the results of your own spell if you feel the need.

So when dealing with spell craft it is up to you on what you believe the rewards or repercussions could be. That is a chance that you will have to take or not take. But at least I have warned you either way. The rest is up to you! I want to also stress that spell craft, or any form of magic is not to be the *first* course of action to resolve, take care of, or fix a problem. It is not there to make things happen - it is there when all else has failed! Or to aid in helping the situation once you have applied other practical methods of solution to the situation.

Witches tend to be very practical people. They take steps to resolve situations and problems and if those steps don't work, then they look at the problem or situation, think it trough, look before they leap, and then decide the best course of action. If that is spell craft, then it is with a well thought out plan most of the time, there are spur of the moment spells and magic. Bottom line is that what you use

spell craft for and how you use it is up to you, simply take responsibility for your actions.

So, back to what is a Spell? Just like with the definition of what a Witch is, or what magic is the same holds true with a Spell, if you ask ten witches the definition of what a spell is you will get ten different answers. So what I am going to give you here is what seems to be the closest to what everyone considers a spell, hex and curse to be.

What is a spell?

First let me say that you don't actually have to know what a spell is for it to work, but let me tell you that for your spell to work *well*, with out a doubt, it does help to know why it works, and to know why it works you need to first start with 'what is a spell'? Well for starters you should know that a spell can be as simple as a thought, that is right, a spell does not even need to be voiced or written down or an elaborate ritual to make it a spell and to make it work. A spell can also be as in-depth, and detailed with tools, and props, and aids and ritual as you wish to make it. And a spell is everything in between the simple and the complex.

But what is a spell? Some will say that a spell is an outline, a procedure that is normally written down to help you follow each step with out making a mistake. Others will say that a spell is magic, a plan of action to gain, or carry out a specific purpose. Well, yes, both

would be correct, but it still does not tell you what a S-P-E-L-L actually IS!

SO, what IS a spell? Is a spell a prayer? YES, but it is also more than that. Is it a recipe that you put together to help get what you want or need? Yes, but it is more than that as well. SO...what is a spell?

What a SPELL IS - at it's most basic - is a concentrated or focused act. It is when you fully focus your mind, your heart, your body, and your energy towards a specific desire, need, want, or end. That is what a spell is - *a focused act*. But a spell is more than that as well. A spell is magic, or it is a combination of magic and will.

So, to understand a little more of what a spell is and how it works, you will need to also know a little bit about what magic is right? Right and that is why the chapter on magic is before the chapter on spellcraft! Remember that magic is nothing more than the movement or manipulation of energies that are found naturally around us, in the water we drink and the air we breath; energies found in the earth and in our own beating hearts. Magic is the movement, the conscience movement of energies from within us and from without us.

The type of magic used for Spell Casting is normally a little of both low and high magic- a middle ground if you will. But to use magic you need to first, set a goal, what is it you wish to bring about, what changes do you want to cause with the used of the energies around you?

So, what is your goal or objective? With magic or spellcraft first you figure out your goal, then you have to PLAN what it is that is

needed to make that goal happen. And then you carry out the plan, most often the plan includes some type of spell. Now, the twist to this again! You don't have to plan for magic to happen, thoughts create magic, simple thoughts, so be careful of your thoughts, and your wishes. And never stop dreaming either! So I guess you could say a spell is the use of magic in a way to create an out come that is desired by the one casting the spell, to the one casting the spell, or for someone that the spell is cast for. And the bottom line is, you don't have to understand any of this chapter for a spell to work, but for your spell to work even better it honestly *does* help to know the why's and the how's - at least to a degree. It makes your magic and your spell more focused, and more powerful.

What is a Curse?

Ok, now that you have a general idea what is a spell really is let's talk about what a curse really is. So what is a curse? Well, let me state that just like with a spell, you don't actually have to know what a curse is for it to work.

Well for starters you should know that a just like a spell a curse can be as simple as a thought, that is right, a curse does not even need to be voiced or written down or an elaborate ritual to make it a curse and to make it work! A simple 'THOUGHT' can curse someone or thing, so head your thoughts, and wishes! A curse, like a spell, can also be as in-depth, and detailed with tools, and props, and aids, and

ritual as you wish to make it. And just like a spell, a curse is everything in between the simple and the complex. However a curse is often more emotion motivated.

But what is a curse? What a CURSE IS - at it's most basic - is a concentrated or focused act/thought but unlike a spell, a curse is negative or dark, a spell can be too but a curse normally is intended to cause some form of harm. Just like a spell, a curse is when you fully focus your mind, your heart, your body, and your energy towards a specific desire, need, want, or end with the goal being harm, harming someone, or something that belongs to someone, or atleast ill intent. So, the only real difference between a spell and a curse is the *intent* and the terminology basically. However there is more differences, but it is difficult to define. I mean the energy is different too, but there is something unexplainable that separates a curse from a dark spell. However since I do not curse, this is not one of my strong points...oh yeah, I cuss, but cussing and cursing are not one and the same!

What is a Hex?

Ok, now that you have a general idea what is a spell really is and what a curse is let's talk about what hex is. There is really not much difference between a curse and a hex that I personally know of. The biggest difference would be the energy, or the intent.

You see, most often curses are created out of anger, or because of anger you might say. You curse someone because you want them to

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pay, or suffer for an extended time. Curses are normally long, even lasting life times and several generations. Where as a Hex, is more for the moment, for a shorter time.

But a hex is still to harm, or cause problems. Hexes are also associated more with baubles and poppets. Things like wax dolls, or representation of the one or ones you wish to hex. When you have a spell or a curse, you don't even have to actually understand them for them to work. With a hex you don't either, but it helps to understand that it is the *intent* that causes the change, the manipulation of the energies around us to bring about an end, or result. And when dealing with a Hex, it is most often desired to use some form of representation or poppet to help focus the hex. It is also easier to remove a hex then it is to remove a heated in the moment curse! Because most often poppets are kept, when you wish to end the hex, you just undo the things you did to the poppet.

So, what is the real difference between a spell, a curse and a hex? It is the INTENT...the intentions of the magic user, the one creating and wielding the magic. Is the intent to do good, heal, bring about positive change? Or is the intent to harm, to make them suffer, or pay for an extended time? Or is the intent to for a short controlled amount of time reek havoc on someone or thing?

The difference is the energies put into the act. Hex's can be simple or complex as well, short or long, but normally not lasting lifetimes or several generations.

So, what is a Hex? I guess you could say loosely that a Hex is - at it's most basic - is a concentrated or focused act/thought but unlike a spell or a curse, a hex's intent is negative or dark and most often uses some form of representation, poppet or even symbol to aid in it's use. And a hex can most often be undone after a fashion. Again, I do not use Hexes either so this is not a strong point.

How to Write Your Own Spell

Ok, I have to tell you that I personally, for myself, do not write spells or atleast I have not in a very long time now. Most of my spells are not written down. However I have often written spells for others, and if I feel the need to put one of my own spells on paper I will, and yes I will share a few of my spells here, spells that I have created for another most likely.

So how do you write a spell? Well there are going to be some folks that tell you that you have to create long and rhyming spells for them to work best. And there are going to be others that will tell you that short and simple work best. Some will say put as little detail in the spell so it can have freedom to work in the manner it sees best to work, and yet again others will tell you to be specific and very precise so the spell will do exactly what you want it to do. So who is right and who is wrong? Actually, no one is wrong, and no one is wholly right.

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No situation is the same as the next, so no spell will be just like the next or require all the same things as the next. There are a few things that every spell really does need to work, eventually.

Four Main Elements of a Spell

- ❖ State the **problem**
- ❖ State **what** you want to happen
- ❖ State **why** you want this to happen
- ❖ Give a reasonable **outcome**

Now those are the four main ingredients for a successful spell. Anything after that is like spice when you are cooking you have to have specific ingredients to create a certain dish, and any thing you add after those specific ingredients is only seasoning or spice.

Rain, Rain go away
Come again another day
Little Bonnie wants to play
Come again another day

Years and years ago I seen this little rhyme in one of Yavonne and Gavin Frost's books as an example of a spell, and I agreed 100% that it was an example of a good spell. I read this book nineteen years ago it was actually the first time I ever heard of Wicca. I had already by that time known that I was born to a family that had Witches in my

lineage. But I was not happy with the side of Witchcraft I was being exposed to and I knew deep in my soul that there was something different to Witchcraft than what I was witnessing, and thank all in nature that I finally discovered the that something different. Yes Wicca is what helped me discover that there was more to Paganism, but I discovered on my own that there was more to Witchcraft than what I was being exposed to via family. So I am very thankful to and for Wicca.

So, back to spells and how to write them! The above little nursery rhyme has all three of the needed elements in it.

- ❖ State the problem – the problem is it is raining.
- ❖ State what you want to happen – you want it to stop raining, for the rain to go away.
- ❖ State why you want this to happen – because little Bonnie wants to play.
- ❖ Give a reasonable out come – come again another day.

Simple, but accurate. Yes it did rhyme as well.

Well let's talk about rhyming for a moment. It is scientifically proved that rhyming words and prose actually puts cause certain reaction within the human mind, that it affect the brain waves. So yes it is accurate that the rhyming spells do in many cases seem to work best, and maybe it is due to the affects that the rhyming has on the human brain, and maybe it is not.

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I think if you create a spell that has *meaning* and *importance* to *you*, whether it rhymes or not, that it will work, and work well. A spell just needs to have ‘The Four Main Elements’ problem, what, why and outcome.

There are some spells that it does help for you to be more specific. For example if you are writing a money spell, a spell to draw money to yourself, you do want to be pretty accurate in some things. One you don’t want someone to die for you to get the money right? I don’t want to be part of the reason for someone passing so I could get an inheritance. If you are trying to get a job to earn money, you don’t really want someone that has been working their butt off for that company for ten years that has been faithful and put in a lot of blood sweat and tears into that company, someone that may have a family to feed, or someone sick they are taking care of, you don’t want them to loose their job so that you can have one do you? You don’t want someone else to have to go with out for you to have, or atleast I don’t. So when creating money spells, be a little more specific, but you also want to leave enough freedom in the spell for it to be able to come from an unexpected sources as well.

When I graduated from college I was so excited and ready to start working in my field of expertise! But the area I live in is not that large and there was not a high demand for my skills. So I cast a spell, one to find employment. I did not want anyone to have to loose a job for me to have a job. I wanted to have good benefits, and I wanted to learn even more from my job. Well I got a job, and it was a pretty

great job, great benefits, and no one lost a job for me to have one, someone got promoted and the position was there and open for me! What I forgot to stipulate was that I wanted this job within a certain distance of me. So I got offered this pretty great job for someone right out of college, but since my own area is small, and the company in my own town did not have an opening they sent me to another town if I wanted this job, which I did it was a great stepping stone in my career and looks great on my resume. So I accepted the position and had to drive an hour and fifteen minutes one way to work! From that position I was offered another position in the same town with a different company. Now, I have my own business in my own town! So maybe things worked just like they should have? Or maybe I could have gotten better results if I had been a little more specific? Dunno, magic works in funny ways.

One of the biggest things I get from students and those I speak with is, “I wrote a spell, carried it out, and it just is not working WHY”? Who is to say that the spell is not working? As I said, magic works in mysterious ways. Just because you did not get the desired effects that you wanted does not mean the spell is not or did not work.

Different spells are going to need different amounts of detail, so if someone is rhyming or not, or if the spell is long or not, does not make it right or wrong. You will have to, through trial and error, learn what works best for you. For some, rhyming really does work best, for others rhyming makes things too difficult and frustrating. Some

folks really do work well with long detailed spells, where as others can pop out the short and sweet ones that work wonderfully.

How to Use an Existing Spell

There are many practitioners that will not give spells out or write them for someone else and I think that is fine, we are all different it is part of what makes this world and life so interesting. Whether you choose to write your own spell or a spell for someone else is totally up to you. However if you want to use someone else's spell that is already in existence then you need to make sure the spell fits your own purpose and need. And if you plan to place someone else's spell in your own BOS then you will still want to document it if it is available who the spell was by, and what source you got it from. If you were to pass on and someone got a hold of your BOS and decided to publish it you would want proper credit to go where it was due right? Copyright theft is a terrible thing, and I'll tell you from personal experience that it is a *horrible* feeling to see your own personal hard work with someone else's name on it!

To use someone else's spell is easy, you just make sure the spell fits your specific purpose, and that it feels right to you. The spell gets it's magic mainly from the person working the spell and that would be you!

Paying or Charging for Spells

There are many, many Wiccans that think it is unethical and bad karma to charge someone for a spell or a reading for that matter. They think that the person that is receiving the spell or reading should give what they can. That is a wonderful concept, but not very practical. However whether you charge to do a reading or write a spell for someone is totally up to you. Personally I have not charged anyone so far for me writing spells for them, or doing readings for them, not a tarot reading, or a rune reading or a past life reading, and often past life readings do tend to drain me somewhat, but I have not charged anyone for them, and don't plan to do so. I'd probably give this book away if it were not actually costing me to publish it! But folks often say that I am too giving, well I give to an extent, and what I can, but I know there is a limit.

So personally I don't charge, but I also don't think it is all that *unethical* to charge. You see there is a lot of time and personal energy that goes into readings, and some spells take research and patience to create and it is worth something for the time and effort that the practitioner went through. Now what it is worth is up to the practitioner and to you. But honestly... it is Worth something!

In days of old the Wise Women of the land, the Mid-wife's and Healers often helped those that were of the lower classes that did not have a lot of money. These Wise women and men were often paid with food, and fabrics and animals and such. These things were of

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great worth, and things like chickens and cows were payment that kept on paying. So even though the payment of old seems to be cheap, it was not, it was valuable on many levels. But also the person that was paying often gave what they could afford. Now of days most folks can afford a few dollars for a spell and are often willing to pay even more for a reading. If they can afford to do so and are willing, it can not be unethical. If someone needs a reading or a spell and he or she can NOT pay, then maybe it is unethical for the practitioner not to help out? That is something that each practitioner will have to decide.

Spells

Ok, here is one of the spells that I wrote for attracting love or passion. Now, what I want you to know is that Wiccans do not condone love spells, but Traditional Witches don't have much of a problem with them, I mean love spells are nearly as old as time, or at least as old as modern Witchcraft, modern being after the Witch-Craze! I am not here to sit in moral judgement on you or anyone else, nor does anyone else have the right to judge me. It is your choice to or not to use a love spell, remember the main belief of Traditional Witches is to take responsibility for your actions.

The following spell is a good example of how all of these things are supportive magic, they help with your own personal magic.

Love and Passion Spell

If you are new to magic I suggest that you keep it simple, the KISS thing works in magick as well! {KISS = Keep It Simple Stupid}

This simple spell is done best during the waxing moon. That means between the new moon and the full moon. IF it can be done for three days even better-the day before the day of and the day after the full moon! {Moon phase helps, but is not pertinent}

What you will need (if you do this for the three days you will need to multiply this by three):

A red votive

A white votive

A black votive

A pink votive

A white sheet of paper

A red or pink rose cut the stem short where it will just fit in your hand only about six inches long.

A white cloth (men's cloth hankies/tissues do great!)

IF you can get a picture of this person, or a piece of hair that is wonderful, if not, make sure you have this persons FULL name, age will help as well.

Note, don't just use a first name, unless you know it is a one of a kind first name... if you cast a spell for John or Joy to fall in love with you, do you know how many John's and Joy's there are in this world!

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Before you use the candles you will want to run cold water over them, and then let them sit in the light of the moon/sun light (your choice). This will clean any general energies off of the candles. (For someone more advanced in magic workings you can cleanse it the way you see fit, trying to keep this simple)

You will want to engrave the persons full name on the red and pink candles three times. You will want to carve your own full name on the black candle and you will carve nothing on the white one.

The red candle is for sex, fiery passion

The pink is for deep love

The white candle is to HELP send your spell

The black is to draw a reaction

You will want to write this on the white paper (you write it by your own hand):

(Recipients name) feel the flutter of the seeds of love

(Recipients name) like the caress of a dove

(Recipients name) As the day moves by hour long

You feel a need for (your name) growing strong

Within your heart the seed now grows

A desire for (your name) from your head to your toes

A love so deep a love so true

For (your name) a love so new

(Recipients name) The love grows stronger

(Recipients name) As this day grows longer

Your heart is growing so full of love for (your name)

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Your body's on fire, yearning for (your name)

This is my desire, this is my will

By the energies of (your name and or any deities you may want to use) this I so will

Because I desire it, and by this spell, so mote it be, As I WILL!

At the end of this spell you will want to draw two hearts that are enter-twined and in the middle where the hearts cross over put (Recipients name) loves/ desires (your name)

On a fire proof surface place this paper and at each corner of this paper you will place a candle (in a fire proof candle holder or on a saucer or glass bowl

Hold the rose in your hands by both hands and say out loud the above spell, say it with feeling, say it strongly and MEAN it!

Then lay the rose across the paper with the spell on it and let the candles burn out. Take the rose, the candles or what ever is left of them the paper with the spell and place them all in the white cloth and tie the cloth like a little nap sack then keep this in a safe place.

If the spell is working to your desire, bury this in the ground on the dark of the moon.

If you want the spell to be stronger, do this three times but use only one white cloth, place the contents all together.

There are many that think that binding is against the Wiccan Rede, or that it is just unethical. That is something that you as an individual will have to decide. Personally I think that there is a time and place for everything. To bind someone from harming themselves

or someone else, I am unsure how this can be unethical especially if this person or the people that could be harmed from that person is someone that you love. I don't think that binding spells are the first answers, but sometimes they are the answer.

Binding Spell

This spell is best carried out during the waning or even better the on the dark of the moon.

What follows is what will work, it does not mean it is the *only* way.

What you will need:

- ❖ White candles 6 (white for repelling/banishing)
- ❖ Soda bottle, or some type of bottle with a top on it, filled $\frac{3}{4}$ of the way with water and a dash of salt (any salt)
- ❖ A picture of the intended works best, but if that is not possible, then the name, full name if possible of the intended written on a white piece of paper.
- ❖ Black cloth does not matter what it is made of as long as it is solid black.
- ❖ Black thread or cord
- ❖ A small picture of yourself(optional)

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If you use an altar you will want place white candles on your alter. If you do not use an alter, you may want to place these in a circle on the floor (remember fire safety) and work within the circle they form. If you practice magic where you actually cast a circle then you will want to cast your circle (of course with your alter with in it) once your circle has been cast, or you have created a circle with the candles to work with, and you have all you need to work with in your circle you will want to relax, breath, and concentrated on what it is you want to be done.

Once you have relaxed and are focused you will want to take the picture of the intended or the paper with the intended's name upon it within your hands and say:

“Name of intended” you must go away!

You are not welcome in my dreams, night or day!

“Name of intended” you must go away!

You are not welcome, you can not stay!

“Name of intended” leave now, with out delay!

You can not do me harm in any way, this I say!

Then you will want to wrap the black cloth around the picture or the paper with the name on it and bind it with the cord or thread.

Say this:

“You who would harm, You who would maim,

If you proceed, You'll face the same.

With cloth and cord, Of darkest night,

I've bound your deed, by candlelight.

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You cannot harm, So stay away,
I am protected, Both night and day.”

Once you have finished the above you will want to put the wrapped picture or paper with the intended's name on it into the bottle, place it in your freezer until the next day the spell is done. However you do not want this to remain on your property, unless you think that

there may come a time that you will need to un-bind this person if not then throw the bottle and it's contents in the garbage somewhere away from you and your property. Leave without looking back.

IF you did bring a picture of yourself within the circle then you can take it with you on your person, knowing that you are now protected from the intended's harm and that he/she will not bother you any more.

Healing Spell

Take a white candle votive or pillar, if you bless and dress them then do so, most often I do not, I simply charge them with the desire I have to heal and to help. I hold the candle in both my hands, close my eyes, think of the person that needs the help and healing, what kind of healing is this, a cold, surgery, after childbirth and charge the candle to aid in the healing needed for this person, even if it is mental healing. I state what I want to happen, and why, and for who. And I light the candle for this person and place it in a fire safe place to burn

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and let it burn. Whenever I pass the candle it makes me think of the healing, and I send another little thought out of personal energy for help in healing my friend, or loved one, or who ever it was that asked for the healing. Simple, no rhyming words, not paper, nothing but me and a candle and my intent.

I find that personally my healing spells work better when simply from my heart not with a lot of extras. There are cases where I use a lot of detail but I'll go into that more in the healing chapter.

How to attach a Rider to your spell

Ok, for those of you that want to cover your butt so that you wont be harming someone unless your intent is to harm someone then you will probably want to attach a rider to your spell. A Rider is simply a little tid bit that rides along with your original spell. It states something along that lines that if your spell is going to cause harm then please send the energies back to you unchanged so that they can be dispersed and used in a different manner, with the intent that your spell will do no harm.

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Personal Thoughts and Notes

Chapter 25

Healing



Healing, I am a natural healer, many folks that know me and know that I have this healing ability know that I can take away pain, most often headaches and that I can often heal even at a distance. I am not bragging about this, however I do think that healing is an important thing. I think that we all have the ability to heal and to harm.

Healing is a natural ability. The human body is amazing when it comes to healing itself. And with the aid of modern medicines humans are living longer and most often healthier lives. I personally feel it is the blend, the mix of nature and science that is truly keeping us alive longer. We are able to take better care of ourselves through education, and through proper nutrition. But there are also other ways that we can take care of ourselves. Since it is a proven fact that our mental frame of mind also affects our physical well being it is important to nurture and take care of our mental state as well as our physical body.

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Healing is a form of magic because it utilizes or the healer utilizes and manipulates energies to help in healing in some way, shape or fashion. Let's look at some ways to heal, or aid in healing.

Almost all of the types of magic listed in the magic chapter can also be used as supportive magic in healing. Healers often use a combination of magic to help in healing, I am no different. Personally I use my own healing abilities, stones or crystals, and often herbs, but mainly in the way of incense. Herbs are dangerous to me only because I personally do not know enough about them to use them safely. And herbs take time and proper education to learn how to use properly. It is a goal of mine to learn more of herbs and the healing and harmful properties of them. Scott Cunningham has a couple of wonderful books out on herbs I use them when I feel compelled to use herbs in my healing, which is not often. I can only actually teach what I practice, but I will share with you a little of what I know on other levels. I use the practice often referred to as **“laying on of hands”**.

Laying on of Hands

The method of healing I often use as I said is called laying on of hands, I never even knew there was a name for it until about ten years ago, oh, only after I had been doing it for about fifteen years or so!

So, how do you do it? Well, I can only share what I do. To make a long story short I place my hands on the person that needs healing from me. When I take away a headache I use massage along with my

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personal energies to help sooth the person and the pain. And I go a step further; I literally take the pain way. I visualize the pain leaving the patient and coming into myself and then going into the earth. The pain only passes through me. When I was younger and did not know what to do and I took headaches away and I did not know to get rid of the pain, no... I did not get a head ache, but I did used to get bright red hot patches on my upper arms that would last for different amounts of time depending on how sever the pain was I took away. Finally I learned to ground or pass the pain through myself with visualization.

If the pain is serious or from problem within the patient like a tumor or something I used supportive magic in the form of stones, candles colors and incense as well. In the one time that I was told that I helped to remove cancer from a friend I did use the laying on of hands. I had her focus as well. And I made sure that she also did everything that her doctor told her to do. Natural healing is not meant to replace the advice of a medical doctor it can be used along with what the medical doctors do.

Reiki Healing

Reiki is a form of healing it is similar to the laying on of hands except that with Reiki you have specific places to put the hands and in certain orders depending upon who you where taught by. Reiki is not

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a part of Traditional Witchcraft or Wicca, however it does seem to be something that many New Age or Pagan folks are getting involved in.

I personally have been attuned to the First Degree of Reiki healing. Since I already had obviously natural healing abilities with my laying on of hands gift I thought that Reiki could only help my healing talents and abilities or enhance them, and to a small degree it has.

So what is Reiki? Well Reiki is an Eastern Ancient Healing Art it is a form of touch healing. And it is said that you must receive an attunement for each level of Reiki to be a healing Reiki Master. Well, I am skeptical on anything like attunements and initiations. I don't think it is the attunement that makes a Reiki master, nor an initiation that makes a witch. However with Reiki I think that the attunements do help.

These attunements are supposed to open and clear the body's energy channels of any obstructions. It is also said that an attunement connects the Reiki healer to the Ch'i or Ki, which is considered to be the universal life force. I do have to say that the attunement does do something to ones energy and body. The day I personally got attuned was a very wired energy day for me. And I had to find the balance, for I was off and on dizzy through out that day.

I got a Reiki attunement because I am a healer, not because I am a Witch. As I said, Reiki is not a part of Traditional Witchcraft, nor is it actually apart of Wicca. Reiki is something that each individual either discovers or not. You do not have to be a healer to be attuned to

Reiki, the fact is, we all have healing abilities that are natural to us. Reiki is only a manner in which to enhance those abilities through the energy that is apart of us and all around us that Reiki refers to as Ki, or Universal life force.

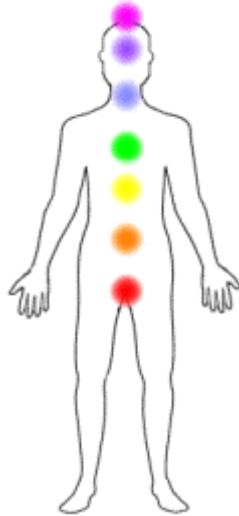
Charkas

Charkas are also something that is not apart of Traditional Witchcraft, but does seem to have been incorporated into Wicca, at least into Eclectic Wicca. Charka Healing is also an Eastern Concept.

Charkas are power points or energy centers in the body that if you are sitting in a cross legged position or standing with your back straight and your head straight with you chin level the charkas are all in a line.

- ❖ The Crown of you head being the crown charka, this is the spiritual charka. (Color White)
- ❖ The Third Eye Charka which is on your forehead just above your eyebrows in the center of your forehead. This is the psychic connection. (Color Violet)
- ❖ Throat Charka, which is at the base of your neck in the front if you are a man, it would be right around your Adams apple. Is for communication. (Color Blue)

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- ❖ The Heart Charka is in the center of the chest right over the area that your heart is. This is for matters of love and emotion. (Color Green)
- ❖ Solar Plexus Charka is the creative and decision making charka, this is the place of will. (Color Yellow)
- ❖ There is a Charka that is just below the belly button area, between the belly button and the sexual centers. This Charka is for sensuality and emotions. (Color Orange)
- ❖ The root Charka is located at the base of the spine. And this is your survival charka, it covers physical needs, food, sleep etc. (Color Red)

When dealing with Charka healing it is believed that one or more of these seven energy centers could be out of whack or thrown off balance in some manner and if these energy centers are not healthy

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and balanced that it can cause sickness or problems with other areas of the body. Healing is often done through visualization, proper diet and exercise as well.

I do not do much Charka healing, but I think it is something good to know about.

Distant Healing

Distant healing is just what it sounds like, healing from or over a distance. How can you heal someone if you are not even where they are? Since healing is in a sense only a form of magic, and magic is the manipulation of the energies around us, and all of us and everything is connected by this energy in a web of sorts, then it is simply a matter of tapping in to that invisible web of energy and directing it along another path to where it is needed to help heal.

As mentioned earlier it is like when you throw a stone into a body of still water like a pond or a puddle, and that stone causes the water to ripple. Well those ripples ripple outward. It is kind of like that I guess. No matter how it works the thing is that it really DOES work.

Kind of like if I have a friend that lives on the West cost of the United States and I live on the East and I want to help heal my friend. I can simply say a little prayer, which in a sense is a spell that goes out to help and to heal my friend. It takes some of my own personal energies and that of the universe and since I said the prayer or spell for my friend it knows who and where to go.

Or I could light a candle of healing and it is on the same concept a little wish, or energy sent to help heal the person the candle was lit for.

You can do spell craft at a distance either to help or to harm on the same principle.

Healing Spell Craft

Along with things like laying on of hands you can use spell craft to aid in healing. I want to share with you one of my healing spells as well, when I was in college I had a friend that had colon cancer, and she swears I helped cure her of it that when she went back to the doctor it was all gone? I used the laying on of hands to help in her healing. But what if you can not be there to lay on hands. This would be a good time for Healing spell craft.

Now, there are many Wiccans that believe that you should not help to heal a person with out their permission, or that you might be affecting what karma actually intended for that person. Well I'll leave that up to you to decide. Personally I think that if we can heal then heal we should. As for Karma, well I kind of do believe in karma, but I also believe that if my healing was not meant to help heal that person for karmic reasons, then my healing will not work.

Here is one healing spell that I have shared for those that have some kind of growth or cancer.

Cancer/Tumor or any kind of growth illness

This is best done during the waning moon meaning between the full moon and the dark of the moon why? Because you are trying to *shrink*, get rid of, or banish this illness.

What you will need:

- ❖ White paper and pen
- ❖ Black candle (For banish, cast out, and send away this illness)
- ❖ Dark Purple candle (To purify the system, to heal a server disease)
- ❖ Dark Blue Candle (To help Shrink the cancer)
- ❖ Pink Candle (Because it is for Love, and love truly is the greatest magick of all)
- ❖ White Candle (Because it is purifying and peaceful to the spirit)

NOTE: Do not burn Green, or use Green cording, ribbons, candles, or even clothes. Green promotes GROWTH, the last thing you want when trying to rid a body of CANCER!

To Believe!

Stones: Amber can help detoxify (if you can get the stone it will help if not, it won't hurt)

Cinnamon oil, if you can find it if not just get cinnamon powder and add it to some olive oil.

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What I recommend for you to do is to:

TO KNOW: As much as you can about the disease or cancer as you can I mean all of it the good the bad, the iffy all of it! Knowledge is power.

TO WILL: To will your loved one or self to do what ever it takes, no matter what it be, to survive! To recover!

TO DARE: To live, the will, the desire, the need to live is a very powerful thing. Dare to live and to believe!

I know it may sound silly or even white light-ish but there truly IS no magic as strong as 'Love' hate is very powerful and very close to love in power but love is stronger, and there are so many types of love.

What you will need to do:

Take each candle and run cool water over it and visualize any negativities that could be attached to it from the touch and packaging of others... then on the purple, and dark blue candles write the name of the one you are trying to heal. Full name if possible.

Take the cinnamon oil if you have it if not, take the powder cinnamon and add about a heaping tea spoon to a ¼ cup of olive oil and mix it together as smoothly as you can, and do this WITH your fingers not any tool or spoon or such add your OWN energies into this.

Then take the oil and if you have a votive anoint the whole candle from top to bottom, or if you are practiced at candle magick use your own method of anointing. Visualize a recovery, the cancer shrinking,

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and remission, and totally healing. On EACH candle on the one for purple think of healing and purifying, on the blue think of healing and shrinking the illness, cancer, on the black think of banishing the cancer from the body, and on the white one think of healing the spirit, and the body, And with the pink candle I want you to take more time with this one fill it with hope, fill it with love and then fill it some more! Love is truly very powerful!

After you are finished with this if you cast a circle do so if not, make sure you can do this in a place that you will have some time to focus.

Also remember to use FIRE SAFETY!

Place the candle on or around the paper with the spell upon it
REMEMBER FIRE SAFETY!

Light the candles and recite the spell, three times, and then mediate, or pray then recite the spell three more times.

If you can leave these candle burn all the way that is best IF not put them out and save them and then repeat the spell when you light the candles again

When the candles burn out or totally down let the wax cool and keep the paper and the left over wax and keep it in a safe place for as long as you feel you need to keep it.

IF you did find the amber stone...and you placed it with the paper the spell was on and the candles while they were burning...then place it near the recipient of the spell...

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There is truly power in prayer and in simple belief so never stop believing or praying

This spell is NOT to replace medical attention of cancer or illness is to be used as supportive magic, and aid to healing.

Simple Healing Spell

Take a blue or white candle and hold it in your hands, after you have cleaned it, and visualize healing energies going out to the one that you want to help heal. Say in a sure voice something like, by my personal energies, and those of the universe please direct these energies to help heal {whoever needs to be healed name}, as I will so mote it be.

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Personal Thoughts or Notes

Chapter 26

Be Safe, Be Smart Be Well



Look, if you don't read anything else in this whole book - *please* read this whole chapter, I mean really read it. For yourself, for goodness sake, just read it, and really understand what it says here.

I want to share a little advice with those of you that are seeking to find "Other's" out there in this big ol' world and on the wonderful World Wide Web, Other Witches or "Otherkin". You have to remember that there are truly some *psycho's and sick-O's* out there. There are people that will lie, cheat, steal, cause physical harm such as rape, brutal beatings, theft and worse!

When it comes to trying to meet someone of like mind on the Internet or in the real world **PLEASE, PLEASE, Be SAFE, Be SMART, and you will Be WELL.**

Don't get me wrong, there are good people out there, honest people, and ones that probably could, and would, if nothing else, provide some answers for you - but you have to *be careful and use your common sense!*

Violent crimes happen every minuet, that is a FACT, please don't become a statistic simply because you WANTED TO KNOW

MORE! Learning does not just come from others, it comes from the world around you, and from within yourself as well. It does not happen over night, honestly it takes time, persistence, patience, and the desire to truly learn. It does not take you becoming a statistic because you wanted a quick fix!

You should NEVER give your name or phone number or address to just anyone, actually, I would recommend that you don't give it out to ANYONE at all that you do not truly know.

If you do get to a place and point with someone that you feel comfortable with them and you JUST HAVE TO MEET. Then PLEASE make sure that the first SEVERAL times you do meet that it is a very public place with lots of people around, and that SOME ONE knows where you are going and why. I can not stress this enough. And note that I said meet the first SEVERAL times in a public place. ANY idiot can pretend to be a wonderful, honest and caring person for a time so use common sense, and do not put yourself in a position that could cost you your dignity, or more -your life!

Things that you should be weary of

- ❖ Anyone that claims they can teach you everything you need to know about Witchcraft. Honey, honestly, I have been studying and practicing for over twenty years, hell, I was born a witch, grew up with it even when I was not practicing I was exposed

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to it, but I STILL do not know everything! And don't claim to know everything, and I know that when I teach I make sure they know I am providing them with a foundation, a starting place, not the whole kit and caboodle! So be leery of someone that claims they know it all!

- ❖ If someone ask you to come join his or her coven, but you *have* to practice skylad (naked) forget it. You should NEVER have to do anything you feel uncomfortable with or that you just do not want to do -for ANY REASON!
- ❖ If someone tells you that you must do drugs, or alcohol, forget it. Again you should NEVER have to do anything that could impair your own good judgement, or something that you just don't want to do.
- ❖ If you find a coven and you become part of it and if the High Priest (HP) or High Priestess claims that you *must* perform any kind of sexual acts piss on them, you should again, NEVER have to do *anything* you do not wish to do. Yes there is sex in witchcraft but most often couples that have been together previous to joining a coven carry it out. Also Sex, PLEASE use your brain, I have already covered this, but it is worth saying again -there are things like HERPES, and even HIV that can eventually kill you, is it worth it, the risk you could do to yourself by having unprotected or group sex? Well that is up to you, but honey, not in my book. I value my body and my life more then that.

- ❖ If someone is telling you that you have to wait a year and a day to be a WITCH, you have most likely found the religion called WICCA, beautiful, and wonderful as it is, waiting a year and a day does not make you any more or less a Witch, it is the value of the lessons you learn, the balance you find, and flat out a skill that ANYONE and EVERYONE possesses! And for some that takes less then a year and a day, for others it takes more then one lifetime. Waiting to be initiated does have it's foundation and we will cover that later, but a year and a day does not make one a witch or no.

Bottom line is...use your common sense...BE SAFE...don't put yourself in a situation that could at the least cause you embarrassment, and the most...could cost you your life. It is just not worth it, and you, as an individual, are important, valuable, unique, and very special in the grand scheme of things.

Be safe, be smart and you will be well.

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Chapter 27

Divination



So what is Divination? Well divination seems to be a manner in which to communicate with the supernatural, nature itself, or spirits, angels, demons, and other entities possibly to acquire information, most often of future events and sometimes past events as well. Divination has most likely been used as far back as the earliest stages of civilization. I can even be a form of unlocking ones own subconscious self and tapping into ones own personal energy.

How does it work? I can not give you a solid answer on that, I personally think it works in different ways. Personal energies, help from spirits, the energy of the universe, and then there are just some things that we can not find answers too, possibly this is one of those things. I will tell you that divination can work, and it can be inaccurate as well.

Let's get in to the how do you do it over how does it work. Well there are several types of divination I will share with you the manners in which I use, but please know that there are many different ways.

First what types of divination are there that can be used? Well there are many but I will list a few here.

Types of Divination

Capnomancy – Is a form of divining with the *aid* of fire. This is not divining *with* fire, but uses fire and it's results along with certain plants, some considered sacred particularly Vervain. I have heard of good results of this being done with Poppy flowers. The smoke is actually what is used for divining.

Catoptromancy - Scrying with a mirror.

Cartomancy - Divination with cards. Most often this is referring to playing cards or tarot cards.

Cheirromancy – also known as Palmistry. Where divination is done by using the lines on a subject's hand based on their length, position and curvature.

Dowsing – Is divining using a device, such as a crystal or wooden fork I believe that you can also use a pendulum to do this. The device is placed above an area of question either on a map or actually over the earth and the activities of the device movement or motion is what is interpreted.

Floromancy - Divination through flowers. I think that many of us have done this before! Using a days or flower with petals and pulling them off one at a time and saying something like..."He loves me, he loves me not".

Necromancy – I will cover this more in the section titled Necromancy. This form of divination most often refers to utilizing spirits or ghost.

Oniromancy – This is the form of divination that utilizes the interpretation of dreams.

Pyromancy - Divination through the observation fire.

Psychometry - Obtaining information or images mentally through physical contact with an object.

Sciomancy - Reading water. Often, the water is darkened with ink to make visions appear more readily.

Tasseomancy - The reading of tealeaves, normally a cup of leafy tea is given to the subject to drink. Once the cup is empty or nearly empty of liquid then the manner in which the tealeaves are lying is what is used as divination.

Now do I know how to do all of these or use all of these personally? No, I have only used a few of these. I do know how to read the Tarot cards, but even after doing hundreds of readings I still did not feel comfortable with using them. I have used Rune Cast, stones with runes inscribed on them, and found that I was more successful with the runes. I was successful with the cards, but felt more *comfortable* with the runes. I have used my pendulum from time to time and I speak with those that have passed from this life, but not this world.

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There are many great and informative works out there on how to diving in different ways. I will share with you a small about here on how I do things in hopes that you can learn and grow. Please remember my way is not the only way, nor does it mean it is the right way for you, it is just what works, and works well for me.

Divining with Tarot and Runes, there is a lot that goes into them. So if you want to truly learn how to cast stones, or read the cards, then I suggest that you pick up as many books and bits and pieces as you can on the form of divination that you are drawn too. Study them and read them and try them, practice may not make perfect, but it really does help!

Divination with a Pendulum

As for using a Pendulum, I have a rock, a simple rock that I tied a piece of yarn around. Not even sure if the yarn is all natural, but I tied it around my small rock very carefully and knotted it. I took a piece of blank paper and I drew two lines on it, one up and down and the other left and right and they crossed each other in the middle. Like a large + sign. At the top I put the word yes, at the bottom I put the word yes. On the left side I put the word no and on the right side the word no. And voila I was ready to divine with my pendulum.

I have found that it is best to use simple questions when dealing with the pendulum, yes and no specific questions. Personally I have discovered that if whatever forces that are making my pendulum work

knows the answer it shares it with me in a very vigorous swinging motion one way or the other. If the answer is unknown or unsure then the pendulum swings at an angle and not on either of the lines. And if the question is upsetting, or something that I should not know then it swings in circles. However this is how I read my own pendulum, there are different manners in which to interpret the swings that will be up to you to decide with your own method.

Another method that I have used that is on the same concept of a pendulum is over a pregnant woman's belly. I find it works best if I use their ring, a ring that the pregnant woman is wearing, or often wears. And a piece of their hair if it is strong enough and long enough. And I simply put the hair through the ring and hold the ends of the hair as I would the string of a pendulum. And instead of yes or no I ask if it is boy or girl. I have never been wrong using the pendulum *over* the belly, but have had a few misses when just guessing if it was a boy or girl.

Divination with Candles

Fire, I would probably guess that divination with fire, and water are the two oldest forms of divination, or at least in the top five forms. Did you realize that candles are for even more than candle magic! You can actually learn to read what the candle, or actually spirit, or whatever wants to tell us through the motions of the flame. The simple dance of a flame and the sway of the smoke can tell us an

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amazing amount. I discovered this when I was a child, and my sister and me were using the Oujia board with candles sitting around. When the candle was moving so was the planchet of the Oujia board. Could it have been the movement of the air that we were disturbing while gently holding our hands on the planchet while it glided over the board? Could it have been our own breaths of excitement? Well, maybe, but when the candles that were out of our breaths reach also stirred and danced and they were deep in glass jars I doubt that it was our breaths.

Well eventually I discovered as I got older that I could ask yes and no questions to a flickering flame just as I would of the Oujia board and get answers. Anyway, before you can use a fire for divination, in this case a candle flame - you need to learn how to understand the signs that a candle gives! I guess this could be different for each reader, but this is what I discovered.

Here is what to look at, and for, and what it means:

A steady and strong and sure flame means that there is much strength in what you are seeking to know, or to happen, or that whoever or what ever is giving the answer is pretty sure, or believes that the answer they are providing the reader through the flame is accurate. It also means that your desire and spell is not hindered or blocked that there is a smooth and steady energy to your spell, wish or desire.

A weak flame often indicates that there are either strong energies, or forces of opposition that are encumbering your wish, spell or

desire, or that *you* are unsure about the situation and what *you* want to happen, or occur. You see I believe that some how we affect the divination as well, that in some way it uses some of our own energies and thoughts.

IF a flame is gently swaying not bouncing and flickering, but swaying as if it is dancing, then it is gently telling you that maybe you need to think more on the spell, or situation or wish at hand a sway is showing gentle indecision most likely on your part! However it could be a gentle spirit or force that actually just does not know the answer, or feels that maybe you should not know the answer.

If the flame is a really moving or jumping mainly up and down and there are actually no wind currents that are causing the jumping then it can be that something or someone, the spirit or force could be agitated, or actually pissed off for some reason. Or it could just be seen as strong emotions are in some way clouding your judgement. Or that there is something that you don't know about the situation and you need to stop and reevaluate the situation, something is telling you in an excited manner that something is just not right.

If your flame is a many colored flame - meaning that your flame is composed more then just the two or three normal colors in a flame, but has several colors, for example, blue, green, yellow, orange and red - then you need to take note of the color. Which color is most dominate, which is most unusual and then check out the table of correspondence in the back of the book on color because something is trying to add or explain more about your spell, magic or situation.

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If your flame goes out, with out seeming reason why, a breeze, your own breath, or just was not lit wholly - then you should *not* do the spell, at this time, or you should most definitely rethink your desire and the reasons behind it. Also you should most probably stop trying to divine for that time. You might want to even cleanse the area.

Often I recommend that you use more then *one* type of divination if something is truly important. I mean if you were diagnosed with something bad wouldn't you be smart enough to get a second doctor's opinion?

Divination is a wonderful aid, an often helpful and highly useful tool, but just like with any magic it is not the first answer to your problems. Make sure you take practical measures to discover what it is you want to know before you use magic or divination. Like I said, divination is a great... aid. It helps, but be forewarned that there are also beings out that that will use divination to lie to you so you may discover that some forms of divination are not always accurate. Always listen to your instincts.

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Chapter 28
Titles, Labels, and Discovering Self
and that Magical or Spirit Name



Titles. In the new religion of Wicca it seems to be very important to have titles such as High Priest or High Priestess, of a certain level of degree. There are even labels for those that are new or for those that have not reached a High Priestess level of the practice, being a Novice or Adept or Initiate. With in the hierarchy of the Wiccan religion and or Coven titles are like badges of honor, or proof that you know this much or that much about Wicca.

You see in more Traditional Witchcraft titles are not that many nor are they nearly as important as they are in the religion of Wicca. Yes there are distinctions made in Traditional Witchcraft from those that are new, and those that have been practicing and those that are actual Elders. But you are not going to find labels that really separate these levels. You will discover that in Traditional Witchcraft actions speak louder then words. That the level of knowledge is what sets one as an Elder or someone that is still learning, which an Elder is also

still always learning, but knowledge is the distinction, not labels or titles.

I see where distinction is important in levels of knowledge, but I don't see why we as humans have this wired need to label everything, tag it and put it in a neat little box. Humans seem to be the only species that has this need to acquire titles to prove that they are worthy or better than another. Sad to say I have found myself playing that little game as well. When I was younger and I felt like someone was trying to prove that they knew more than me or had practiced more than me then I would throw out my own titles, Oh, well I am a third degree High Priestess and I have practiced for yada yada years. Who cares! Since I now am a solitary practitioner and I don't even wholly practice Wicca then that title is no longer relevant right? You can't be a High Priestess if you are not in a coven, well I guess you can, but what does it really matter? **Why** should titles and labels matter so much? Shouldn't it be the *knowledge* that is *important*, that really *matters*? And even if you come across those that are smart and have all those titles it does not mean they know it all, *no one does*. It also does not mean that little ol' you with out all those titles may not know just as much as they do, because you just might know more! And if you have read this book, there is chance that you are at least more balanced than many that you are going to come in contact with. Because the bottom line is that most practicing Wiccans out there do not know that there is a *real* difference between Wicca and Witchcraft that they are *not* one and the same. And if you have read this far, then

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at least you know that there is, and if you don't believe what is in my book, and I ask that you *not* follow blindly, do the research on your own, find the truth. At least you know that there might be a difference and you can now go out and start doing more research to find the answers.

I think that when we title ourselves, or place labels on our levels of knowledge that we are restricting, even confining ourselves to that little box. Well, I don't like that little box; I find that I must be a little claustrophobic and don't want to be in that little box. So, I do not care for the titles and labels yes I think there is a time and place for everything. If you feel the need for labels and titles then more power to you, we each have the right to think, feel and believe the way we want to. As long as we have the education to back up our beliefs. I personally have gone past the point in my life where I just have to have those titles and labels to define myself. But that is not wholly truth either, because you see, no matter how much we may despise titles for some crazy reason we humans just have to have them, and I am no different. I love the title of 'Mom' I am still a new mom, and I have earned this title with out a doubt! I value the title of 'friend' for it implies a connection and a trust. I cherish the title of 'Sister' and 'Daughter'. To me, these are valuable titles and labels. These titles do define us in a general way.

Defining Self

We have to call ourselves something right? Why? Do we define ourselves for ourselves or for others? Maybe both. Well I tell you if you want to have that special Spirit or Magical name that Wiccans are so fond of I guess you better start with defining yourself, I'll explain more in the Magical name section. For now, let's look at defining Self.

For years I have tried to define who and what I am. It has only been more recently that I have finally discovered that the definition of *me* will forever be changing and that is a good thing. For life and personal growth is all about change.

I have discovered that it is all the bits and parts and pieces of me that define who I am, and it is next to impossible to break all those bits and pieces down with out loosing what they, on the whole, and or mixed together create, ME. Not to mention all the people that have taught me, guided me, helped me, lied to me cheated on me and hurt me, they *all* have helped to make me who and how I am. I can never be just one thing, or fit into only one title or label, a dear friend of mine has given an excellent example of this and allowed me to share it with you all here in my book. So what follows is a brief bit from Gwenhwyfar Flidais, thanks Gani.

“Over the past few years, I have found myself constantly re-examining how I define my Self. I have come to the conclusion that the common labels that are used by others are just not me.

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I am not willing to accept the label “witch” any longer despite the fact that this word is acceptable to most folk that I call my Family-by-Choice. I have grown to dislike the negative definitions this word has. Why should I claim a label that I shall have to constantly defend?

I cannot accept the label “shaman”, despite the fact that this word defines many of my Spiritual beliefs. I am not a shaman since I have not the Blood of these honorable folk of Siberia and Central Asia.

I am an American born and bred, a part of the Melting Pot of the United States. My heritage is Cornish, Welsh, Irish, Scottish, Brittany French and Choctaw. I take great pride in claiming each of these bloodlines. However, despite my pride, it is not my Choctaw heritage that makes my Blood Sing...it is my Celtic heritage.

I adored my Choctaw/Cornish paternal Grandfather, I still do. He taught me such a Love for Nature by Example and by telling me stories that were flavored with Native American teachings...or possibly Cornish teachings that I just assumed were Native American. I can Hear his chuckling so I think I just assumed correctly. I did not even know until this past year that he had a bit of Cornish in him. My mother told me this. My Grandfather adored all critters and encouraged my Love for them also.

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It was my maternal Great Grandmother who Awoke my Blood with her Arthurian Lore and her Faery Lore and her Belief that I was Born with Gifts. She encouraged my Belief in the Fey by Knowing Who my playmates were. She had the Sight. She was taught the Family Ways by her Grandmother and planned to teach them to me. She taught me to Love not only America but also the Auld Country. She taught me to Love and Revere the Land/Nature by Example...complementing my Grandfather's teachings. She was a Healer...a Root Woman...a Seer. She is still with me and does not hesitate to pinch me if I do not pay attention.

My mother and father taught me self-reliance and independence indirectly. When I was seven years old, my father went back into the military and we moved at least yearly. My sister was born with several handicaps that took up much of their time. I was a painfully shy child before we moved away so I learned to be alone with my playmates and keep my private life to myself.

I met my maternal Grandmother when I was twelve years old. She was a Spiritualist. She held seances, read the cards, read the crystal ball. She encouraged my mother to allow me to delve into the occult. It quickly became a great Love of mine and still is. My Grandmother also taught me by Example...I was allowed to sit quietly when she was assisting someone. She was definitely her mother's daughter, .she was Also a Seer.

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So, who am I?

Well, I am not really sure. I am not a Root Woman because I am just beginning to learn the Arte of Wortcunning. Recently a friend called me a Cunning Woman...a term used by some family traditions in England which means "wise woman". I am not sure that I can truthfully claim this title since I still feel like a fledgling of the craft. I am not sure if I will ever feel comfortable using this title but I feel quite honored that it was bestowed upon me.

So, who am I?

I am a woman who has been blessed with many life experiences and hopefully have learned from them. I am a woman who embraces life and death because I have not only witnessed them many times but have experienced them personally.

I am the wife of the most wonderfully sensitive man in the world. I am a mother of four wonderful individuals who are strong and independent. I am a grandmother of an utterly charming and beautiful baby girl. I am a nurse who has been blessed by my Ancestors with the gift of being a "conduit" for Their healing.

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I am a Seeker of the “Auld Ways”. I am a woman who researches, studies and attempts to learn from the past and integrate it into this life I am presently living. In this way, I Honor my Ancestors. With my Ancestors guidance, I have developed my own personal Code of Ethics. I try to Walk my Talk.

I am a Child of the Fey. I have a very personal relationship with Them and cannot imagine a life without Them. They have been my playmates, my teachers, my confidants for as long as I can remember. I have been gifted by Them with the ability to Cross O’er the Green. I practice My Wild Magic with a childish sense of wonder because I Know it work! BUT, I will never Know HOW it works, not really.

So, Who am I?

I am a Child, a Maiden, a Mother, and soon, a Crone. I am a Wanton Seductress. I am a Wild Gypsy. I am a Hopeless Romantic. I am a Cynical Optimist. I am a Tinkerbell and a Bitch. I am a Healer who can also Kill if the need arises. I am a Lifetime Student. I am a complex, eccentric, and totally unique individual. I am a Child of the Gods...my Ancestors. I am a Child of the Fey...my Ancestors.

Gwenhwyfar Flidais 2003

So you see from Gwenhwyfar Flidais’s above example that we as humans on our life path can not really paste a label on ourselves and

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fit neatly into one little box. It is just to confining, and in no way truly self-defining. So whether you need the labels or not, that will be up to you. I just wanted to make sure you see a different side of labels and titles, and how restricting and confining and truly *un*-defining they are.

Magical or Spiritual Names

Well now seems as good a time as ever to discuss Magical and Spiritual Names, another great importance in the Pagan movement of today, especially in Wicca. If you practice Wicca now of days it seems that you are just not wholly Wiccan with out a good and proper Spirit or Magical name!

Let me state here before I go into Magical/Spiritual names that in Traditional Witchcraft there is no need for Spiritual or Magical names. It is not a part of Traditional Witchcraft. Yes, in days gone by many, many years ago Witches often did use a second name, a fake name if you will. You see there is power in having someone's name, it is easier to cast a spell, curse or hex on someone when you have his or her true name. Witches of old were smart enough to know this, so often did not give out or share their real name except with only a select and trusted few, it was a form of protection to have a false name. But there was nothing spiritual to it, nothing divine, or magical, only common sense.

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Now let's talk about these magical and spiritual names. I have one, but the main reason I have one is because of my online or rather my cyber world identity. I am a mother, and I will protect my child, and that means I do not share my true identity on the Internet, at least with only a select few. I also have this name because I am now an author, and honey, I live in the Bible Belt, if my town knew I was a pagan author many of them would probably figure out how to lynch me. Since I am a respected business owner, not a pagan business, I have to protect my professional identity as well. And not all of my family is pagan, so I want to respect them and keep my identity private for their sake as well.

However I do have a Spirit name, there is nothing magical about it, but it is a *reflection* of me, or my inner self. Shewolf Silver Shadows is my penname and my Spiritual name as well. It is a name that has changed and grown over time. In my younger years of practice, before I discovered Wicca, for my family did not even know what Wicca was, they only knew of Traditional Witchcraft where one did not have a Spirit name, I did not need or have a spirit name, not until I discovered Wicca. Even then for the first several years of my practice of Wicca I did not take on a Spirit name, I just could not find something that fit me, or suited me.

Honestly I felt no great need for a name until I felt the time and the name was right.

One of the very first things that the students I guide or help out and teach want to know is how do they acquire a Magical or Spirit

name. Well if this is something that you feel you need to have then here is what I tell those that need a Magic/Spirit name...

Don' just make up a name! Find a name that is truly a **reflection** of your inner Self. Discover a name that really fits who you are, and what you believe in. Your Magic/Spirit name should be something that is a part of you and truly means something to you. And don't worry, as you change and grow and learn so too will your name - often. I started out with Shewolf as my spirit name. The wolf has always called to my soul and been in my blood. I love the way the wolves are a unit, but are also very strong individuals. The wolf is very family and pack oriented. They can be so very gentle and loving, and so very deadly fierce as well. The wolf is also seen as a teacher. I am very family oriented, I am a leader, but I know when to follow. I too can be so loving and kind, and giving and gentle, but I know without a doubt, if provoked I can be vicious and quite deadly if I have too. The she Wolf is very strong and sure, and I am all of those things. So the name that I finally discovered or that discovered me was simply... Shewolf. Later as I grew and changed, my name did as well. Through hurts, and misunderstandings I grew, and Shewolf Silver RainbowMist became my new name, but I still mainly went by Shewolf. As time has passed and I have changed and grown my name and my Self took on more of a balance, and acknowledge my deeper self, the one that is not always so sweet and loving, and kind, but the side of me that is hateful, and gets mad, and can do harm. You see to find the balance I needed to get in touch and in control of the darker

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side of myself as well, hence the *Shadows*. Now, my pen name, and in many ways my Spirit name... Shewolf Silver Shadows. Silver is a combination of white and black, in essence it is merely gray, but it has a shine. Where does that shine come from? Maybe it is because it was polished up? Maybe it gets the shine because it was kissed by the Gods? Maybe it really is... Magic! So Shewolf Silver Shadows, you see they all means something to me, they are all a reflection of something, some part, or some belief within my Self.

When you go about discovering a new name, a Magical or Spirit name for yourself here are a few things you might want to consider:

- ❖ Things you enjoy doing, dancing, singing, swimming, and playing.
- ❖ Things that you are drawn too: Quite places, dark nights, loud calls of birds, thunder.
- ❖ Animals you may feel a connection too.
- ❖ Plants you may feel a connection too.
- ❖ Elements, Earth Air, Fire, or Water that you might connect with.
- ❖ Colors that you really like.
- ❖ Items like feathers or stones that you might be drawn too.

There are many things to think about when trying to discover your Spirit or magical name, and there are many ways to find it. You could do like many Native Americans of the past did and go on a vision

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quest. You can pick a name dealing with numbers and numerology. You can find something that sounds pretty to you, but make sure it really suits you, or fits you. And remember you don't have to have a spirit or magical name to practice Witchcraft, or Wicca.

The part of me that was raised in a more Traditional Witchcraft manner thinks that there is no rational need for a silly Magical name. But the part of me that for a time did willingly and fully practice Wicca thinks that Spirit names can be beautiful and a wonderful reflection of inner self and a way to be creative with Self as well.

A name is what you make of it, and that is the bottom line. Only you can decide whether or not you have a need for a Spirit or Magical name. Listen to your instincts and inner self. Be true to yourself, and don't let everyone else tell you want to and not to do. Remember this book is only a guide.

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Personal Thoughts and Notes

Chapter 29

Self Dedication and Initiation



The things that I will cover in this chapter – Self-Dedication, Self-Initiation and Initiation - are fairly controversial rites. Because the emphasis on each of them and the belief and the weight of those beliefs differ from Wiccan Tradition to Wiccan Tradition and from Coven to Solitary Practitioner you will discover that there are many different debates and ideas about these topics.

Please understand that there are many Witches, Wiccans and Pagans that are not going to agree with me on Self-Dedication and Self-Initiation. But as I have stated all through this book this is the path that I walk, and this path has been true for me. I feel strong, confident, secure and loved in my chosen path. But then I am not wholly a Wiccan, I am a practitioner of Modern Witchcraft. So remember as you read the following that this is what I recommend as a *guide*, not that it is the only way, or the best way, only that it is my way and I wanted to share it with you in hopes of helping. Do your own research and find what is right for you.

Within the religion of Wicca there are those that will not consider you to be a Witch or a Wiccan unless you have been initiated. Well, I say don't let go of a beautiful religion because a few people don't view you in one way or another. Spirituality is something that is *personal and private* and that others can not tell you are or are not, feel or don't feel, experience or don't experience. The only one that matters, in reality, is you. Remember no one else has the right to judge or condemn or classify you. You are you and that is the very best person to know what matters or does not matter to Self.

Let me state right here that this is ***my truth***. And the bottom line or fact is that ***truth*** is some thing that is different and unique to each individual because we all see things differently. But what follows is what I see and believe to be true.

Thoughts on Initiation

Initiation is *not* what makes a Witch a Witch! It takes a hell of a lot more then a High Priestess or High Priest or any *one* Ritual to make a Witch a Witch. I also believe that dressing in black, and flaunting a Pentagram and calling oneself a Witch is *not* what makes a one a Witch. I covered this in an earlier chapter, *see* Soul Witch. Please know that I don't think there is anything wrong with dressing all in black and wearing a pentagram. I love black. But I love it because it is slimming, and it is also in essence all colors at one time. But what I am trying to say is the way you dress is not what makes

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you a witch nor simply calling yourself a witch does it make you a witch.

Within the religion of Wicca, most Wiccans and Covens believe that you have to wait at least one year and a day before you can be initiated. I understand the thinking behind this. I believe that the intent is that the novice or the person that wants to be a witch is supposed to study and learn and grow in this year and day space of time. Along with make sure that this is truly the path that he or she wishes to be on.

Now, honestly only you will know *when* you are ready for a Self-Dedication or a Self-Initiation and even Initiation. How will you know? Well, you will *feel* it. You will *feel* educated enough in the ways of a Witch or in the Wiccan ways. You will *feel* like you understand enough and are comfortable enough with what you know, and what you can do. And you will feel a *need* inside of yourself to either dedicate yourself or initiate yourself. You don't have to know it *all* to reach the point when you feel that this is right, I don't think we ever learn it *all* You just have to reach that point in your path or learning where something inside of you reaches out for a new beginning, for some sort of confirmation, or commitment to this way.

Don't rush Dedication or Initiation make sure the time is right and that you are ready.

This is not something that just happens over night or after reading your first book or two or after a couple of conversations with a witch or pagan. However, it may not take the recommend year and a day

either! And chances are it could take several years. Only you will know when you are ready. Even in most coven situations you either pass levels of learning or you must ask to be initiated thus letting the High Priestess and or Priest and coven know you are ready to take that step. But whether solitary or coven, initiation is up to you. For only you know what is in your heart and soul.

What follows are some guidelines I would recommend. They are not written in stone, and they are not sacred. What they are is what works for me. They are guidelines to help and guide you, to help you try to figure out what you may or may not be ready for.

I hope this helps.

Self-Dedication

Self-Dedication is not something to take lightly. Dedicating ones self to a particular path in life - to most, is a huge step, and for some - a life change.

I know that Self-Dedication is not officially, or historically a proven part of Witchcraft, but whether you wish to practice more Traditional Witchcraft or the newer religion of Wicca, I personally think that a Self-Dedication is a very special and spiritual thing.

Before you Self-Dedicate yourself to any path, be it Christianity or Buddhism or Witchcraft or even Wicca, you need to think about a few things first. Are you ready to give as much as you are given? Do you *feel* ready; does it truly *feel* right?

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If you answered yes to any of those questions then I sure hope this helps as a guide for you. Please feel free to edit the following ritual to your own comfort zone. You might also check out Scott Cunninghams “Wicca A guide for the Solitary Practitioner”. You may find it handy as well when it comes to solitary Self-Dedication.

Personal note before you embark on your own self dedication...

In Witchcraft, not Wicca...remember there seems to be no actual Initiation of a Witch that has been handed down through time, however it does appear that dedicating oneself to Witchcraft is an ancient practice even if there is not ritual for it or name for it.

So, if you wish to be a Witch or even if you already feel that you are, then Self-Dedication could or will mean much on many levels. If you wish to become a Wiccan Witch then this Self-Dedication will be a commitment and possibly a stepping stone to Self-Initiation and then Initiation. Either way, please make sure that you have thought about what you are doing and that this is truly what you want to do. Religion is not something to play with and neither is Spirituality. Not to mention that the path of a witch is just not an easy one to walk in today's society with so much intolerance and ignorance about Witchcraft and Wicca both still out there it really does make it difficult to openly share the beauty of this path.

Please understand that a Self-Dedication is, or should be very *personal*. When you decide to devote yourself to the Gods or to Nature it is very deep and very personal. A Self-Dedication is an

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expression of devotion to Nature and or to the Gods and to personal learning upon this chosen path.

The following Self-Dedication Ritual you will find here is *very* simple. The reason being is because I am hoping that *you* will personalize it and truly make your *own* Self-Dedication.

Self-Dedication Ritual

Take the time to calm yourself, and clean yourself. Be fresh and alert for this...not tired and worn out. Once you have prepared your mind, body and soul for Ritual. Then cast a simple circle if you utilize a circle. For my own Self-Dedication I did not use a circle, and I did not use anything written down in any book, I used what came from my heart and soul. Remember you truly need no tools; personally I even recommend that for a Self-Dedication that you use no tools. This is something that is just between you and Creator, or the Lady and Lord, or the Gods or Nature.

If you feel a need for anything, I would suggest a candle and a lighter or matches, and maybe some tobacco and wine, or cider or juice.

IF you are a part of a Coven...and it is Coven Law that a Self-Dedication be preformed by the coven High Priestess or Priest then I would recommend that you undergo a second public Self Dedication, but that you Self Dedicate privately the initial time.

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Honestly the first and possibly biggest step you will take when learning of Witchcraft or Wicca is that of a Self-Dedication. You will understand what I mean *as soon as you Self Dedicate*. I am sure you will *feel* it. There is this amazing sense of Self, and of Freedom, and this crazy deep down feeling of *rightness* and *oneness* that you feel while you are Self Dedicating, and after Self-Dedication. It is hard to describe. It is like a pure rush, like a cleansing breeze, a new kind of energy that fills your whole spirit it seems - I don't know - it is truly just hard to explain!

It is almost as if a Self-Dedication ritual truly opens you and your dormant abilities up to growth and expansion. You have always known magic...but now the magic will be a working and acknowledge and truly part of you.

When is the *best* time to do a Self-Dedication? There are so many that will tell you to Self-Dedicate only when the Moon is *Full*. You will find others that will tell you to make sure it is on the *New* moon for this is a new phase in your life. Well if you want to know when I personally think the best time for you to Self-Dedicate is I'll tell you. It is when *YOU feel that it is the right time for YOU!*

I personally did my own Self-Dedication Ritual out side and yes there was a full moon. But you have to remember that I grew up in the country. I actually did not *plan* to do a Self-Dedication on that night, my intent was a simple ritual and it wound up that it just *felt* right to do my Self-Dedication, and so I did! Every thing just seemed so right

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and so perfect for it, the most beautiful full moon, the clear night sky, and a garden that was absolutely lush with tall corn stalks, beans, melons, and other growing stuff that could be seen so clearly in that full moon light. Not to mention that the weather was perfect, warm and with just the slightest hint of a breeze. I remember it like it was yesterday even though it was many years ago now. It was truly a magical night for me, and the right night for me.

It is great if you can do this outdoors with the earth touching your bare feet, but if you are not lucky enough to be able to do that, indoors is just as magical.

If you feel a need to cast a circle then do so. If you wish to call upon the elements then do so. You need no altar; no tools. If you are doing this indoors or outdoors the only thing you may need or want would be a candle for light.

Sit within your sacred space or circle, calm yourself, you may want to even meditate for a few moments.

If you are outside then take the time to feel the earth under you, the breeze around you and listen to the sounds of the night, or day, because this can be done anytime. However if you are indoors then visualize the earth beneath and the sounds of the earth and life around you.

You need no fancy words to speak with the God and Goddess or to the Creator or to connect with the mesh of nature. What you need are words from your heart and from your very soul.

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When you are ready to speak - speak out loud. Greet the God and Goddess, the Lady and the Lord or the life of Nature. Thank them for the beauty that surrounds you and the beauty of your life, and for this chance. Say what you *feel*.

Then discover the silence, be silent -feel the energy, feel the Lady and Lord or nature, the magic that is all around you - simply...feel.

Then let the God and Goddess or Nature know of your intention...why you are there and that you wish to Self-Dedicate yourself to this path, and let them know why you wish to do so. Be honest.

After you have let your intentions be know to the Lady and Lord or whomever, and you have take time to *listen* to what is going on around you, and to *feel* the changes occurring within you, then you should thank the Nature, or the Gods, or Lady and Lord for the blessing of this day or night, this special time. Improvise, this is a special and magical time within your soul and life.

If you did bring wine and tobacco then offer it to the God and Goddess or the Ancestors or the very Earth or all of them. If you are out doors pour it upon the earth. If you are indoors then leave the tobacco and the wine sit over night. The next day take it out of doors and give it to the earth.

When you are finished with the Self-Dedication, and you have closed your circle. I recommend that you *feel* the changes with in yourself and record them in a Journal or Book of Shadows, but RECORD them!

Initiation or Self-Initiation

Most often if you are a Solitary practitioner of Wicca or of Witchcraft you will not feel or even see a need for Self Initiation, for it is the Self-Dedication that is truly important in walking this path. And for all actual intent and purposes the Self-Dedication IS a the same as a Self-Initiation. You see for an initiation it is mainly the more so the *formal* commitment to the path then anything else. However if you do feel a need for Initiation then I would recommend that create your own Initiation, think about what initiation is, and then go with your gut. If you feel a need for tools, and ritual and a circle and all that good stuff, then go for it.

Remember that the New Concise Webster's Dictionary states that to initiate is:

to instruct in the elements of anything; to introduce into a secret society with rites, as a new member.

I think you will discover that it is not really that hard to create your own self-initiation ritual if you are truly ready for it or feel the need for it. Remember this advice is for the solitary practitioner. If you are or become a member of a coven then you will probably be initiated at some point

If you have problems creating your own initiation ritual I have provide a loose ritual below.

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Just like with a Self-Dedication you will want to prepare yourself and your space for this ritual. Cleans yourself and your space in the manner that you see fit. I would suggest that you do sit in quite contemplation for a few moments before taking on such a serious rite alone, which you will not be alone. Remember in a coven initiation it is the Gods that actually initiate you, the High Priest or Priestess only officiates over it. It is kind of like a wedding or a Handfasting. You see it is not actually the Priest that binds the couple together it is their formal commitment, a commitment to the Gods right that is actually binding or important! The Priest is only officiating over the ceremony! Well with Self-Initiation you are, in a manner of speaking, the Priest or Priestess that is doing the officiating as well as the person that is doing the formal commitment ok.

So after you have cleansed yourself and space and thought on this important matter of Self-Initiation you will want to make sure that if you are casting a circle or that you have an altar that everything is properly set up and that you have everything you need. Honestly to have to stop and start again because you forgot the matches or lighter for the candle, or you did not bring in your wine or the sage or incense is going to be a really big mood breaker! And the tone of a Self-Initiation should be formal and respectful and highly important... if you do this, do it right!

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For a more formal Self-Initiation of Wicca, because you won't need this for Witchcraft, but for Wicca you will want the following items:

- ❖ A White Candle
- ❖ A Red or Purple Candle (White can also be used)
- ❖ A Dark Blue or Dark Green Candle (White or Black can also be used)
- ❖ Matches or lighter
- ❖ Glass or Chalice Fruit Juice i.e. Grape Juice or Cranberry Juice or even Wine if you wish.
- ❖ Small bowl of Salt
- ❖ Bowl of Water
- ❖ Sage, or your favorite Incense, something that is very heady to you.
- ❖ Sacrifice... fresh cut flowers, or fruit like an apple or such.
- ❖ IF you feel a need for tools, I would suggest only your Athame/witch knife but it is NOT needed.

After you have set everything either neatly on your altar or on the ground and you are ready the following is a guide to Self-Initiation:

- 1) Cast a circle with either your hand or your Athame. With reverence lay your Athame back down on the ground or altar when you are finished casting the circle.

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- 2) Take the small bowl of salt and take small pinches of salt or either pour some in your hand and let a small amount fall out on to the ground around your circle. Walk right around your circle as if you were casting it again but this time trickle the salt around the perimeter of it. Place the salt down with thanks and thoughts of protection.
- 3) Call or invite the elements or the quarters or the four winds.
- 4) Light the Purple/Red/White Candle in honor of the Goddess, I suggest that you choose a specific Goddess for this task before you do this ritual, so that she can be the one to help you out in this endeavor.
- 5) Light the Dark Green/Blue/Black Candle in honor of the God, again I suggest that you have a particular God in mind to help you out in this endeavor. Yes you can leave it open for which or whatever God and Goddess to come that feel like coming if you wish, but it can be very special with a specific Deity to help you out here.
- 6) Light the White candle in a representation of Nature or the Creator, The All or both if you wish. Place the lighter or matches down so that your hands are free.

- 7) Stand in the center of your circle and take several steady calming deep breaths. Close your eyes. Lift your hands, palms facing outward toward the front of your body so as the back of your hands are facing the back of your body. Lift your hands and arms about waist high and turn in a slow circle, feeling the energy of the Earth you live upon, the very Air you are breathing in and slowly breathing out, know that the water is in the air you breath and in the bowl your brought, and be conscience of the fire, the flame upon the candles you have lit but most of all be aware of your self! If you have clothes on, which it is your choice to do this with clothes on, or Skyclad being with your clothes off, whether you are clothed or Skyclad take note at how your own body feels. Can you feel the breeze upon your skin as you slowly turn? Do you feel the crispness or softness of fabric on your skin?
- 8) After you have completed a full circle then open your eyes, and raise your arms higher, about midway between your waist and shoulder height, and turn your palms upward. Lift your chin up so that your face is tilted towards the sky and this time slowly turn in a circle and draw down the moon if this is night time, or draw down the sun if this is day time. Truly become one with the elements and the celestial bodies around your. Pull on this energy and draw it to you, make it a part of you.

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- 9) Place your arms down by your side and open your eyes. In a loving and clear voice invoke, being that you invite the Goddess to become one with you, come with in your body, invoke the Goddess. (This is the only time I would think of invoking especially as a novice). Take a few moments and slow breaths and feel, close your eyes and feel the Goddess come to you, join with you. It may be subtle at first, but you will feel her.
- 10) One your eyes and then do the same with the God, Invoke the God in a loving and clear voice. Then take a few moments and slow breaths and feel, close your eyes again and feel the God join with you. This is a very powerful moment in your spiritual life. Savor it, feel it, cherish it!
- 11) Once you feel the presence of both the God and Goddess state your intent, why you have invoked them and asked them to fill you with their presence, that you wish to Self-Initiate yourself at this time and on this day/night. Tell them in your own way why you wish to do this.
- 12) Your self, your spirit will go through a shift, and change at this point that you may feel in the fashion of a big bang way, or in a gentle shifting that goes on for several days. Every

person is different and so will your reception and perceptions of initiation be as well.

- 13) After you have stated your purpose close your eyes and bow your head. This is not in a Christian manner of prayer, but more in the manner of how a Knight would do so to be knighted. Close your eyes and bow your head with your hands loose at your sides, and accept the blessing of the God and Goddess as they bestow it upon you, their blessings that is. Stay this way until you feel they are completed with their task.
- 14) Open your eyes and lift your head. Go over and pick up your cup or chalice of juice or wine, and then lift it up in offer to the God and Goddess, and then drink a toast to the God and Goddess, in honor of and in thanks to them. Place the chalice down.
- 15) Pick up the bowl of water and hold it up to the sky and offer it to the God and Goddess as well in thanks and in honor of them. Dip your fingers in the water and then flick it in a circle around and with in your own circle. Then place the bowl back down.
- 16) Next go over to where it is you have the fruit and fresh flowers pick them up first the flowers, hold them up and tell the

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Goddess this is your gift to her and thank her for coming and for her blessing and bid her a loving farewell until next time. Then lay the flowers down either on the altar or on the ground.

NOTE: *You NEVER dismiss or banish a God or Goddess.*

- 17) Next take the fruit and hold it up and tell the God this is your gift to him and thank him for coming and for his blessing and bid him a loving farewell until next time. Then lay the fruit down on the altar or on the ground.
- 18) You are pretty much finished with the formal aspect of your Self-Initiation Ritual now; you need only take a few more moments to contemplate and to feel the newness, the changes in your very spirit and then clean up your ritual items. Snuff the candles with reverence, remember never leave candles burn unattended and always use fire safe ways to burn your candles.
- 19) Close your circle and make sure you clean up the space.
- 20) IF you are in an outdoor place that you can leave the fruit and flowers then do so, if you are indoors then at the first chance you get you will want to take the flowers and fruit out side and leave them.

And that my friend is a more formal *Self-Initiation*. But look, the above is only a guide, it is only one witches way, or suggestion ok. Always remember that there are many ways to accomplish the same task, and that you need to do what feels right to you.

There are many that will never need anything other than an honest Self-Dedication, but there are those that do feel the need for a more formal Self-Initiation and that is fine as well. We are all different, and we are all unique so we all have to discover what truly does work best for us as an individual. No matter whether you Self-Dedicate, Self-Initiate or both, these are highly spiritual times, truly magical in essence and intent also, so make sure they mean something to you, don't just go through the motions, feel it, and live it, and be it.

Please also remember that each individual coven has their own manner and ritual ways of performing Initiations. There are some Wiccan covens that being skyclad and bound is truly part of initiation, it is kind of like truly letting go of control of oneself, but there is much more to it then that. Anyway there are other covens that shall test you for initiation, you could find a blade at your chest, I did. There are just many, truly many different ways that covens carry out their own specific traditions and forms of initiations.

If you do not feel comfortable with the Self-Initiation that I provided here then you may want to check out *The Witches Bible* by Janet and Stewart Farrar as well as several other books on the Wiccan Initiation.

Good luck.

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Chapter 30

Coven or Solitary



The decision to be apart of a coven or to remain a solitary practitioner is not always up to the individual. I know that there are many areas that are not highly populated or do not seem to be highly populated in Witches or Pagans, and that makes it difficult for the solitary practitioner to be a part of a coven. The thing is that there are a whole lot of Witches and Pagans out there a like that are not out of the 'Broom Closet' but that does not mean your area does not have more Witches and or Pagans then you may think. I do recommend that if you get a chance to get on a computer that you check out The Witches Voice, it is an amazing site and it is a great source for networking witches and has great info as well. Witchvox.com is the URL and you can find local shops and pagans in your area.

Well now lets talk about the wonderful things about being in a coven. Yes, you do have the comradeship with a coven because you are not alone. You have others that you can talk with and share with and learn from. There are many great things about being apart of a coven. With many covens they truly do become like family and even

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when they break off or hive off into other sister covens they are still close, and like a wonderful family. But then again there are many drawbacks to being in a coven as well. You see when you are part of a coven others depend on you to be there when they have meetings, and they expect you to do your part. As a member of a coven you have obligations not only to yourself and your spirituality but also to your coven-mates that believe and depend on you.

I know that within many Wiccan covens due to the hierarchy and the many different traditions of Wicca and even the eclecticism often causes problems and strife. Over and over again I have seen covens split apart due to differences of opinions to put it mildly. Sometimes they split because one feels he or she knows more than another or someone does not like the way someone else is conducting coven politics. I dislike the petty crap that often starts to take over those within a coven. I also do not feel that you should have to choose sides. So I have, by choice, gladly chosen to be a solitary practitioner. Don't get me wrong, there are several covens out there that run smoothly and work amazingly well together and are truly magical together, but not all of them are.

When you are a solitary practitioner you are the one in control of your path and of your beliefs and of your rituals. You have freedom that you do not have when you are part of a coven. But you have to go it alone, learn alone try to understand alone, right? Wrong. Often times instead of a coven you can just be part of a Circle.

Coven and Circle

So what is the difference between a coven and a circle? A coven is a group of working witches that work together. There is hierarchy, at least in the Wiccan covens and those within a coven work magic and ritual together. A coven is more formal and has coven law and ways of doing things.

A circle is a group of witches and novices that get together and chat, share ideas, ask questions and share answers. They simply enjoy spending time with those of like minds. Sometimes those that are in a circle together will do some small magic together, but ritual is most often left up to the individual. Some circles do evolve into covens.

However those in a circle get together at random times, when all can or most can get together. But those in a coven most often have specific days, and Sabbats that they schedule to meet.

There are advantages and disadvantages to be in a coven and to being solitary. You will just have to discover what works best for you. I will say this though, if you are going to be in a coven you still need to be able to practice alone, you see a good coven witch is still first and foremost a solitary witch.

Personally I enjoy being part of a circle, informal and enjoyable, no body is the boss, and no body is left out and it is more relaxed and flexible. I have tired of coven politics, bottom line. However I have not lost faith that there are some wonderful covens still out there!

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In the end the choice will either be up to you or to the area that you live in if you are given the choice to be part of a coven, or circle. I will tell you it is a wonderful learning experience.

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Personal Thoughts and Notes

● Section Four ●

The boundaries of the human mind have yet to fully be explained or explored wholly. The abilities the human possesses are beyond scientific limitations. With infinite possibilities the human mind is an amazing magical tool a gate way to truths and magics unknown but waiting to be discovered.



When I was a very young witch, oh like in the seventh or eighth grade, around thirteen or fourteen I did a school science project on, you will not believe this, ESP and Witchcraft! Honestly, on ESP and Witchcraft, and were they the same thing is what the project was about. Honey, this was back in the early 1980's! At this time I still had not heard of Wicca so I was going on what I knew of Witchcraft via my family.

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grade ok. Simply to see who got how many right, and how old they were. There were some other test as well. But the gist of it was I tested a lot of children, young kids and I tested teenagers and I tested adults.

My results showed that children scored higher on all of the test. Then Teenagers, and then last, the adults. My conclusion out of this was that I personally believe that we are all born with Extra Sensory Perception abilities, or as referred to within Witchcraft, the Gift.

However since it appeared that small or younger children had stronger inclinations towards ESP I concluded that it is a natural gift or actually an ability that we are all born with. And that it seems it is an ability that we are most often programmed or taught that we do *not* or could not have, in a way we are taught to not believe in our abilities and so they just stay dormant for many.

For example, I believe that children are quite capable of seeing spirits, or ghost whatever you want to call them. I think that kids can and often do see them, and when they say something about seeing them the parents that have already been conditioned to NOT believe in such things then work on conditioning their own child to NOT believe. “Oh honey, there are no monsters under your bed because there are no such thing as monsters”. Or how about “Oh sweetie, your imaginary friend can not do this or that, I know that you must have been the one that made that mess, don’t blame it on someone that is not even there”. Just because the parent has conditioned themselves to NOT see this imaginary friend does it mean it is not there?

Look, the main thing this chapter and that old science project are about is the fact that we are ***all*** born with talents that some call the Gift. It is not just something that Witches have or develop, it is not actually associated with one religious affiliation, or one race, or age group. The so-called Gift is something that we are all, each and every one of us, born with.

Yes some develop their abilities, and some let them fall by the way side, but we all have them. Some of us have certain abilities or gifts that are different from others, not sure how to explain this. I do think that we are all born with specific talents or abilities that we can develop.

I think that everyone that reads this book can say that at one point and time the phone rang and he or she knew without previous notice that the caller on the other end was. You have at one point had a bad feeling in your gut that something was not right, or that something was going to happen. And instead of listening to your gut you went ahead as planned and something bad did happen.

It is only said that we use a small amount of our brain capacity, what do you think would happen if we could use even more? Well I think there are ways to train your brain to use at least a little more and believe me a little makes a big difference.

Matching games, like the kid games where you lay out a bunch of cards and you flip them over and try to find the match, these help. Also take a deck of cards and try to guess at first what the card is you are about to flip over. Then get to the point where you try to visualize

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or see the card you are about to flip over. Record your guesses and your correct answers. Over time, see if your guesses don't start to become more and more accurate. These are simple ESP test, but they really can, over time, and with belief, help you develop your own skills.

Start listening to your inner self, and to your guides. I'll talk more about that in the next chapter. But we all have the ability to speak with those that have passed over; this is something that you can develop on different levels as well.

It is just that we are so conditioned to **not** believe that so often we really do stop believing. It is up to you whether or not you want to try to believe again, and to rediscover and recondition your own abilities and talents.

There are many books out there that can help you get in touch with your inner self. And other books on how to develop ESP. It can be fun, but don't expect it to happen over night. Believe in yourself, you can do almost anything, if you just believe.

Shewolf Silver Shadows

Personal Thoughts and Notes

Chapter 32

Death, Necromancy, or Speaking with the Dead



Well, quickly before we chat about speaking with the dead, let's talk a little bit about Wiccan and Traditional Witchcraft beliefs on what happens when we die. This is not easy to explain. First, let me state that with more Traditional Witchcraft the beliefs vary from family tradition to family tradition, however I believe that the common assumption of what happens after death is that there is some kind of continuation but not necessarily reincarnation. This makes sense, I mean when we die yes our bodies decompose, but they never fade away into nothing, they just change to something else, dust dirt, food for other little buggers? So if you think about it our life force never ceases. Please understand that within more Traditional Witchcraft the ideas and teachings on this vary from family tradition to family tradition.

The popular Wiccan belief is in reincarnation. That we transition from this life and eventually reincarnate into another life. Some believe that we control our incarnations. By controlling our incarnations I mean that some folks think that we can choose when to

come back and as male or female and such. I'll leave that up to you to decide, or remember. I personally do believe in reincarnation. Not so sure I believe that we reincarnate as animals and bugs and stuff but I can not say for sure? And I think that is something that you have to figure out for yourself.

However sense I am pretty proficient at doing past life readings, I either have an extremely historically correct imagination, or I have a pretty good ability to see past lives. I'd prefer to think it is the later. Anyway from what my guides have shared with me and from my own abilities of past life reading I have come to the personal conclusion that we do reincarnate over and over. Some times we reincarnate not long after we die, even as soon as months, one of my on incarnations was very fast. But I think that most often our incarnations are spread over longer stretches of time.

So, what happens when we die? Well our soul moves on while our physical form decays. Our spirit or soul what ever you wish to call it moves to the other side, it is still of this world, but separate for the most. You know that web or mesh that I mentioned we are all connected by possibly? Well it is like when we are alive we are all connected but on one side of the web. When we die we remain connected but we move to the other side of that web. Like from one room to another but still connected by a wall, or in the same house, or in the case of the worlds a veil and still in the same existence.

There are different places on this other side, some lower levels and some upper levels, I'll chat more about then in the section on

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Astral Travel, because in actuality this would be the Astral levels I am referring to on the Astral Plane.

So when we die our spirit-self finds itself on the other side of that web or net or mesh. Sometimes still on this same earthly level that we as humans live on, but most of us do move on to different levels of the astral, or other planes. Some of us go to other places on astral to learn, some of us go to rest and recuperate, and others actually move on to higher levels.

Death is not an ending it is simply continuation in a different manner. That does not really make it much easier when we loose a loved one that is for sure, because we as humans have this need to hold onto life as we know it. Well that holding on to is what sometimes does not allow spirits to pass on to other levels or to reincarnate. Some parents find it difficult to leave children behind to go and reincarnate so they hang around, some husbands and wives, or best friends even are held by the love of another that ties them to this life and a specific area.

Some spirits hang around and act as guides, where as others simply stay close because they want to protect and be near the one they left behind, or because the one they left behind wont let go. There are many things that happen on this side and on the other during and after life.

What Happens after We Die

So anyway what happens when we die? What follows is my own person feelings on what happens.

What do Wiccans/Pagans/Witches believe happens when we die? Well I can not speak for what others may believe but I can share with you what I personally feel... and hope and believe happens when we die.

Let me first start by saying I believe that the very first time we were born that our souls were pure...clean...beautiful. As we grew in that life we were given choices and decisions to make...if we made the wrong choice or decision and we harmed someone or thing even in a round about way...well we had to make it right or get it right in the next life. NO. I don't mean that we SINNED! I don't really believe in sin...but I do be live in bad judgement and wrong decisions. So, in the next life if we made it right then we went on to the highest levels of the Astral being what some might refer to as either Heaven or the Summerland when we died. But if we made another wrong choice or decision in that life, well then we had to make that right before we could move on. And from the choices and decisions we make or made we have things we are meant to learn...if we learn those things...great...if not we have to learn them in the next life.

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Once we have made everything right and learned what we are meant to learn that is when we go to what some may call heaven others may call the Summerland. One big cycle or circle, eventually.

Between Incarnations

So what do we do in between all of the different reincarnations? Well I feel depending on how advanced our soul is that is a factor that decides what we might do. Say your soul is brand new, and you die, well then I think we go to a place to rest. To try to figure out what we learned and did not learn, and what we need to get right the next time. This is on the 'other side' there are many different levels and plans...some we can even visit when Out of body.

But if your soul is pretty advanced and you do not have a lot you need to learn or make up for then you have the choice to remain on the Other side for a time to be a guide to someone you may love and have left behind. Or you have the choice to go ahead and reincarnate.

But if your soul is whole and pure again, then finally you go to Heaven/Summerland. There you have the choice to become a Guardian Angel...a guide and Guardian Angel are not the same to me.

Babies and Animals

So...what happens to babies and animals? I believe animals go to heaven or Summerland upon death but that they are given the choice to linger and become a guide or more of an ghostly familiar to the loved one they left.

I am still unsure as to how I personally feel on the reincarnation of animals... Animals are so soul pure to start with... So you see, a author that admits to not having all the answers! I have much I still wish to learn in this lifetime!

Now babies...this is what I want to believe...

If a baby dies before birth that baby's soul was not meant to reincarnate just yet or the life situation of the parents was not correct for the baby's soul to grow and do the things meant to do. So the baby's soul goes back to the other side to wait for the right time. It may also have been meant that the parent was meant to experience that loss to make up for a past wrong to that soul? But then this would kind of be karma right? Well, I am not sure that making up for past mistakes is exactly the same as karma, but then again, I just admitted that I don't have all the answers when it comes to reincarnation.

Babies and small children that die I believe that they have returned their souls to nearly the pure state needed to enter Heaven/Summerland Their life was short because they did what they needed to do in that short life to make right or learn.

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Well I do not know what others feel, and I am not totally sure where my own beliefs came from other than from my guides and my own past learning's but they are strong! I do not ask that others believe as I do, I do not need for others to believe as I do, I am the one that believes this and I feel whole and right to believe it and to me that is what matters in the end. I share it here with you to give you some kind of starting place, some kind of idea of what just might happen after we die. Who knows... maybe nothing at all happens, but I am and always will be a firm believer that it is better to believe in something rather than nothing.

You need to find what feels right to your soul. And what if there is a Judgement day?

Well if there is a Judgement day, as the Christians believe, I still believe that if we live our lives as honestly and as true and as good as we can with no harm or at least as *little* harm to others and we take responsibility for our own action then so what if there is a judgement day. We'll then we'll pass that judgement with flying colors so what difference does it make.

As I have said this is my belief, my opinion and I am sharing it not trying to enforce it or push it on anyone else but in hopes that it might help you and others.

But remember...find what your soul feels is right...that is what is best for you.

Necromancy, Speaking with Spirits

ONE: *She draws a Pentagram on the floor incased in a second circle, smoke from the incense fills the air, the moon is totally dark, and the only light with in the room is that of the six black and three white candles burning just inside the second circle...soft ancient words are spoken, and the mist starts to gather with in the circle, an old spirit is called forth and now appears with in the circle. The Witch only wishes to know answers so she greets the spirit and begins to ask her questions...*

TWO: *Standing in the shower she hears a mans voice speak her name and she knows that she is totally alone in the house. So who spoke her name? She shuts off the water and wraps herself in a big towel as quickly as she can and steps out of the shower. She looks about, nothing...there is NO one around...so she checks the rest of the house... NO one, there is no one there at all. Quickly she dries off and dresses, she goes into the kitchen for a cup of coffee or a shot of whiskey and again she hears a male voice speak her name, this time it is from just behind her, she spins around to find...no one? But the voice is so clear...and he was just behind her? Finally she says back... “who are you and what is it you want” and he tells her in a kindly manner that he needs help and someone to speak with...*

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THREE: *They are in her bedroom with her mom and dad downstairs...sitting on the floor with a low table in front of them they all place their finger tips barely on the planchet...hearts pounding, the room is nearly dark save for the five or six candles they have scattered around the room...in a clear, but nervous voice one of them says "is there someone here that would like to speak with us? We mean you no harm" and the planchet starts to slowly move about in a pattern on the board gently gliding over the letters upon the board letting the three gathered there know that they are not alone and that someone is there willing to speak with them...*

Alrighty then, all three of the above scenarios are actually acts of Necromancy - simply put - speaking with the dead, those on the other side...whether they are spirits or even demons or daemons. However it is not actually the calling on or summoning of demons or devils and such in that case it would be something different, I'll go into that a little more later in this section.

There is also something called "Necronomicon". Now, many think of speaking with the Dead as Necromancy, just plain and simple as I have giving the three above examples, but there are others that view Necromancy as actually "Necronomicon" which is supposed to be based on an ancient text. When I speak of Necromancy in this chapter I mean it as in the way of the examples provided above unless I specify differently. I am not here to judge or condemn, so if you wish to learn of Necronomicon I wish you well. I think it is good to

know for the balance, but if you wish to practice Necronomicon, then beware, when you play with fire you just might get burned.

So what is Necromancy really then? It is said that necromancy is simply speaking with the dead or it can be the act of *conjuring* the dead for information or divination. Necromancy reportedly dates back to Persia, Greece and Rome. It is believed that in the Middle Ages necromancy was widely practiced by magicians, sorcerers, and witches.

Of course you have to know that the practice of speaking with the dead and most definitely conjuring the dead was condemned by the Catholic Church as “the agency of evil spirits.” The Witchcraft Act of 1604 in Elizabethan England even outlawed necromancy, or speaking with the dead.

SO, why does ANY one want to speak to the dead, to those on the other side?

Well personally with myself it was not a choice at least not a conscience choice, it was something that just started happening. It was the spirits talking to *me*, needing someone to talk with or help them. But yes you can call upon, or conjure a spirit as well. And why would someone want to do that?

You see spirits are often sought after because it is believed by many that they are not confined or restricted by the physical form of the human body that they are now no longer limited by the earthly plane and can freely access several of the other levels on the astral plane. So, it is believed that these spirits have access to information of

the past and future which is not available to the living. So, if you chat with a spirit you can in a sense use the meeting as a form of divination, or question and answer session.

Many modern practitioners or mediums think that necromancy is a dangerous practice because it is believed that when some of the spirits take control of the medium they are reluctant to then release or give up their control over a human body again. I don't think prolonged possession is a common thing. Most mediums are strong enough and smart enough to know how to take care of themselves, and to not play with fire.

Types and Kinds of Necromancy

It is reported that there are two kinds of Necromancy...

1. The raising of the corpse itself
2. The conjuring or summoning of the spirit of the person that has died.

OK, I will not say that the above two forms of Necromancy do not happen, but I will say that it *just ain't common!* And personally I don't want to talk with a dead corpse! However I said it ain't common, I did not say that it does not happen. I will freely admit that I have never, nor do I ever want to raise a corpse.

There are those that wish to align themselves with darker spirits and those that wish to align themselves with stronger spirits, and even others that just wish to expose themselves to any spirit that will come when they call. I just happen to be a little more particular than all of that! However I do accept that there is always the good with the bad, the positive and the negative, the black and the white.

I know of Necromancers that are truly giving the practice an ugly and bad name. They are giving these spirits that they conjure offerings. Most start out small and wind up doing animal sacrifices, small animals mice, hamsters, gerbils then they move on up to small cats, and even small dogs it is gross to say the least and flat out SICK to say the most. This is not what MOST Necromancers do, but there are some that do. Now please understand that all those that speak with the dead are not pagan or witches, because speaking with the dead is not affiliated with any religion or path it is just something that all of us can do.

There are several types of Necromancing. I can't list them all because personally I know of only three:

1. Conjuring which is similar to the first example in this section...where you actually perform a ritual of sorts to conjure a spirit.
2. Using some form of tool, like the Ouija board, or other talking board methods to call up spirits.

3. The natural method...where you just can hear and speak to spirits that are all around with out any props or rituals or aids...it just happens.

Natural Necromancy

Natural Necromancy is simply the ability to speak with the dead those that have passed over. You know Spirits or Ghost. Plan and simple, chatting with those on the other side! This is what I do, I *do not* sacrifice or leave offerings for dead corpses, but I can most often very easily chat with the spirits and beings that are near or round me.

Now, if you want a dead corpse this is the wrong book to help you. If you want to become a Necromantic Priest, then my apologies, for again, you are in the wrong place. I can not and will not help you there, but if you want to learn a little about simply speaking with the dead and guides and such then please read on.

You see there are those that speak with and seek those on the other side for selfish gain, power, or knowledge, but beware -there is *always a price*.

Natural Necromancy or speaking with the dead, is something we can all do I personally believe. Remember the previous chapter how I spoke of us all having the Gift that it is just something we are all born with but by society we are taught to disbelieve and to stop using our natural gifts. Well I think the ability to chat with those that have passed over or those beings that are of the astral planes is something

that we are all born with the ability to do. But I believe it is an ability that we either turn our backs on, or grow up and wind up believing that we can't do it.

Like I said, I believe it is a talent that we are ALL born with. I think that the majority of 'invisible friends' or 'imaginary friends' that children have are not all that invisible or unreal at all, but the natural ability for a child to speak with those on the other side and it is a talent that we are born with that *most* parents seem to drill out of their child...THERE ARE NO GHOST, or YOU CAN NOT SPEAK WITH DEAD PEOPLE... it just is not real...but it **is real!**

There are a lot of people that can chat with the dead with out any help at all. I do not need aids or props to chat with the dead, but I also will **not** allow a spirit to speak through me. They can speak *to* me, but there is no need that I can see, for one to climb into my body and speak through me, none what so ever! When I can hear them just fine!

However there are many mediums that do allow spirits to use them as a vehicle of sorts and it is all to draining. And yes there is the occasional spirit that is *not* going to want to vacate the host so easily, but any skilled Medium can and will Force the spirit out. Possession is not a common occurrence.

Things to know when dealing with Spirits/Ghost or Demons

Please know that what I have learned whether you are conjuring a spirit within a special circle, or you are using an Ouija board, or you

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are just talking with them that there are some things you need to know about spirits:

- 1) Many of them will **lie** to you, meaning give you false information or just flat out not the truth. I am not sure why they lie. I think that many of them have just not spoken with a human that can actually hear them and that they just want to keep speaking with that human, so they will tell them anything they *think* that human wants to hear? Some of them lie because that is just part of them. You see spirits are like the humans that they once were, there are good spirits, evil spirits, scared spirits, playful spirits and anything else you can think of.
- 2) I have found that the spirits of children tend to love to play tricks! *Physical* tricks, things such as turn on the water in sinks and tubs, make the commode over flow; hide your remote control, or favorite piece of jewelry. But then I think Fairies do that as well.
- 3) Many spirits just want to talk with some one to find out what is going on meaning that some do not wholly realize that they are dead and are in spirit form. Yes there are some spirits that do not realize they are truly dead, and some that need help and guidance to cross over or move on to their next life.

- 4) And then there are some spirits that just can not move on because some one that is still alive just will not let them for some reason or another, most often it is intense emotions and fears and such of the one still alive that holds a spirit here.

There is so very much that is not known of the spirit world or astral world. But I think that one day we will know, scientifically know but for now I hope that this info has helped you in some small way.

“Necronomicon”

Ok, Necromonicon is not exactly the same thing as Necromancy. If you would like to learn the art, the most often dark art, of Necromoncion then I would suggest you read *NecronomiconAl Azif - The Cipher Manuscript known as “Necronomicon”*

I do have to add that the type of Necromancy you will discover in *NecronomiconAl Azif - The Cipher Manuscript known as “Necronomicon”* is NOT the type that I personally deal with. However, I do feel that to be a balanced Witch, it is important to learn as much as you can, about as much as you can. There is a free online e-text if you have Internet access, I will say it is interesting to say the least. Is it accurate, or real? I can not prove or disprove if it is accurate or real. I’ll leave that up to you to decide.

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The old saying, keep your friends close, but your enemies closer, well I'll tell you, if you are going to practice magic, any kind of magic, or deal with those on the other side, knowledge is a very valuable and important **tool**! So you will want to know as much as you can when dealing with potential enemies on the other side.

I will also add that I do believe that magic and the manner of its uses are up to each individual. Also that to appreciate the light we must understand the dark, but we also must understand that dark is not always nor even often the same as evil! There is a unique power, essence if you will, in the darkness, and dark things. Balance takes a blend of light and dark, good and evil and to ignore one or the other can be harmful to self and the other. My opinion.

Spirits, Ghost and Demons

Before we cover how to talk with Spirits Ghost and Demons let's take a quick look at what they are first. Ghost, Spirit or Apparition? What is the difference? Is there a difference?

Well, let me share with you my opinions from my own personal experiences with Ghost, Spirits and Apparitions. I think that in a way they are all the same thing, meaning that at one point and time they all used to be a living being, human or animal, alive in the manner that you and I are.

I think that Ghost is the catchall phrase for those that have passed over. It is the term used more often when describing a place that is

supposedly haunted. Ghost are sometimes thought of as lost souls this is not always so.

Spirit is a more popular term among Pagans and such. It just seems nicer, more friendly then ghost right? But are they one and the same thing and what about an apparition, are the all the same or different?

Well an apparition is most often thought of as a sighting of a ghost or spirit. No ghost are not all floaty and white, some look very solid, and real. Matter of fact I believe that some spirits and ghost walk among us in a manner that is so connected with our physical plane that we do not even relies they are dead. You know kind of like the movie the Sixth Sense where the little boy sees dead people. I think that some ghost or spirits have the ability to be in a crowd with us and we do not even know that they are not dead, well, dead is not a good term. Cause when we die, only our body changes, the spirit or soul, or ghost is still there not dead, just different.

So Ghost are not all floaty and white, and we can most often see apparitions so what is the difference? Personally I think it is a psychological difference to each individual.

If you think of coming face to face with a ghost, what does it bring to mind? It is scary, like Ghost Busters or something right? If you are contacted by a spirit what does that make you think of? It makes me think of a soul in need that has found a way to contact me from beyond, not so scary a term. And if you turn and you see an apparition, what does that bring to mind? It makes me think of

actually seeing a faded, floaty figure, kind of spooky. These are just psychological thoughts and views. I think in a real way that a Ghost, Spirit and an Apparition are actually all one and the same thing.

Poltergeists

Oh yeah, lets not forget **Poltergeists**. Poltergeist are simply active, noisy or loud ghost, or spirits. You know like the water coming on all by itself, or the lights flickering, or those pictures that you keep putting on the mantel the ones that keep winding up on the floor every single time you put them up there and leave the room? Or the creaking and thumping noises, this is most often Poltergeist activity. Most often a spirit or ghost's only manner in letting those that can not communicate with them know that they are trying to get their attention is by moving things and making noises and generally being annoying or scary. They do this for several reasons, one, they could be displeased to be sharing space, their space with you. Two they could just want to let you know they are there. Three, they are pissed that you are there and well, actually there could be dozens other reasons for poltergeist activity.

One wired thing about poltergeist activity is that it is believed that not all poltergeist activity is caused by spirits or ghost whatever you want to call them. It is believed that some poltergeist activity is actually caused by a living and breathing human, from their personal energy. This energy is also known as psychokinetic energy. It seems

to be a product of the mind and subconscious thoughts, yep - of someone that is **still alive**. Seems this is most often in a highly emotionally charged atmosphere, such as death, or divorce or a long-term relationship ending.

Anyway I think that a ghost, spirit, and an apparition are all one and the same thing, no one has proven to me yet that they are not the same things, so I guess until I learn differently that is what I will continue to believe. Even a poltergeist can be the same. We live and learn. We learn that all things change.

Have you ever had a ghostly experience?

We have all been around ghost, and had some experience with them, most folks just don't think twice about it. Here are some ways to know if you have been exposed to a ghost or spirit or poltergeist.

- ❖ Have you ever been in a room and experienced cold spots, or patches? I mean, you are in one area of a room or house and the temperature is a comfortable seventy degrees and then you stepped into another section of that same room to discover the temperature is different by many degrees, colder. This is one manner of being able to tell if a ghost or spirit is in the area. Only thing is I have discovered hot spots as well, most folks only talk about the cold spots but there seems to be hot spots too.

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- ❖ Have you had problems with the plumbing? Water coming on or off for no reason? Or how about the electricity or electrical appliances? Yet you know that your pipes and wires are fine.
- ❖ Have you felt or experienced a breeze where there should be no major air movement?
- ❖ Or have you smelled a perfume, or cologne or flowers in the area that you know should not be there?
- ❖ Have you heard footsteps, or doors opening and closing?
- ❖ Have you ever felt like you were being pushed on or pinched? When no one was around?
- ❖ If you have pets, does your cat or dog ever sit and stare in at a certain space or bark at a certain area? Cat's and dog's both are very in tune with the other side. As are small babies, have you ever watched the eyes of an infant?
- ❖ Have you ever felt like you were being watched, really being watched but there was no one there?
- ❖ Have you gotten the cold chills when the temperature was actually comfortable?

There are many times that we have been around ghost or spirits that we could have taken note of and did not. I mean really they are every where we are. Some spirits can easily pass back and forth between the astral planes, and then there are some spirits or ghost that are kind of stuck. There are some that are tied to a place by a person

or an object often because of strong emotional ties. But there are ghost, and plenty of them.

Demons

Demons this is a subject that could fill up, and has, many books. I can not share with you in one book in one chapter all there is to know of demons and ghost and such, but will try to cover some of the important points.

For starters when you think of demons you, like most folks, probably think of vicious, evil devil spawned grotesque things. Well, some are not so pretty, and others are not so sweet, but for one thing they are not spawned by the devil, nor are *all* of them evil or *ugly* or *harmful*. Some of them can be very helpful and very kind, some of them.

But what are Demons? Well there are some folks that think demons are evil spirits, others think that demons are created by the devil, well I don't really believe that one. I think that demons where not human. I think that demons are as much apart of nature as angels are. If you want to learn more about demons then I would recommend the Key of Solomon and the Goetia. These works talks about demons and also how to summon or evoke them.

Remember to *evoke* means to call up, or to summon. To *Invoke* means to allow them to climb inside of you. *Please* always remember whether you evoke or invoke a demon, spirit, or God, you need to

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properly banish, dismiss, or finish with what ever it is you have called upon. This is where I see most mistakes take place when dealing with demons and spirits as well, they summon them but do not banish them properly. There are plenty that can or have the guts to summon a demon. But it seems like only a handful are smart enough to realize that **you** have to be the one to remain in control. **You** have to be able to end the session with the demon or angel or spirit you have called upon, or you will be paying the consequences! So it is your responsibility to be educated enough in the manner in which to be able to summon, stay in control and to banish a spirit or demon. I personally believe if you are new to magic and or witchcraft that you do not need to try to summon until you have been properly educated on the manner of summoning. Play with fire and you can get burned or worse harm someone else!

There are some that will say a to summon a demon is only to summon a different part of our self, or our own mind? I can not say that this is not so, I mean I have all ready agreed that we only use a small portion of our brain, could it possibly be that summoning a demon is only opening another part of our own self?

There is a Christian belief, in one of the Bibles that states that we are all demon possessed upon birth into this world. That we are not free of demons until we accept Jesus into our hearts? Just food for thought not actually my thoughts.

I personally can not tell you what is truth and what is not. I do know that upon summoning a demon there are different feelings that

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happen along with the summoning. I am also not so sure that there is that much difference between demons and angels. I think that you can summon or call upon them in the same manner. I also believe that demons and angels alike have good in their ranks and bad.

Summoning Demons

There are different ways to summon a demon, and many different demons that can be summoned. Look, my advice to you is to find out all you can about the demon you wish to summon and be honest with your self and the demon about your motives. Be strong and sure of your actions.

Scrying is one method of summoning a demon, I would suggest that you read all you can about summoning before you do so. Once you have summoned a demon it is not always the easiest thing to get it to go back to where it came from. And even though many demons are quite helpful and friendly, there are some demons that just do not like humans, and that is the bottom line. Be safe. Again, if you are new at magic and such I suggest that a summoning *not* be one of the first things you try!

Possession

Do possessions really happen? Well, yes. Are they a common occurrence? I don't think so. Or at least I don't believe that possession

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is common in the manner of the movie the Exorcist, or that you have super human strength and foul odors, and cuss like a sailor while your head spins around. I think that possession is not as common as folks would think, but I also think that it is something that does happen. Have I ever been possessed? No, I have not, at least not that I know of.

I also think that there are different kinds of possession. That from time to time we all allow ourselves to integrate with a spirit, this would be a form of possession.

Most spirits and demons on the other side are not that strong, not strong enough to take over and maintain control of a humans body, especially when the body is going to be naturally inclined to accept it's on spirit over any other. Now, please don't be stupid enough to think that there are NO demons or spirits that are strong enough, because that would be foolish on your part. The Christian church has what appears to be much documentation of demon possessions. It is a real thing.

It is exciting to speak with spirits and others, but it is also better to be safe then sorry. There are other ways in which to speak with spirits and such other then summoning them with the full circle and triangle of the art.

Please again, I have to say this, because I know from personal experience, being witness to, not doing this myself, that if you summon a demon, you must also be knowledgeable enough to properly banish it as well ok. Make sure that you charge that demon

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to return to where it came from until it is called upon next. If not others have to clean up your mess, and it could take years to clean some messes up. I am still cleaning someone else's mess up. So know what you are doing, start small, but know how to do it properly if you are going to do it at all!

Summoning can be a very amazing experience for yourself and any one that helps you with that summoning. I personally do not like the Goetia type summons with out someone else there to aid me. I guess maybe there is safety in numbers? Problem is finding someone that you can trust to truly work Ceremonial Magic with.

Spirit Guides

So, what are Spirit Guides? Just what it sounds like, it is a spirit, or several spirits that can help and guide you. We all have them. My own personal opinion is that some of our guides are from past lives and they have not yet incarnated into another life, but are hanging around to help us and protect us and guide us. Some of them are our relatives or ancestors from previous lives; some could be our lover or partner from a past life that did not incarnate in this life with us. I think some are drawn to us possibly because we are kindred spirits in some manner. I know that one of my own personal Spirit guides was drawn to me due to my own personality. She felt that we are similar in many ways, and her life was cut short due to a car crash and she is in

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a way living through me, but she is there protecting me, loving me and guiding me... *Thanks Tammy.*

Another one of my Spirit Guides is my own Great Grandmother, she is not always with me, but she is with me often. She is definitely my teacher, and if I screw up in a Witchcraft kind of way she lets me know. She is proud of me, but thinks I tend to be a little new age from my Wiccan experiences. And I guess she is right. I can no more turn away from the life and religious lessons learned from my time as a Wiccan High Priestess then I can from my time as an Active Christian. They are both a part of me, and since I really like who I am, and I love myself as well, it does not bother me that my Great Grandmother teases me a bit for my slightly *lighter* shades of spirituality and Self. She knows I have a personal and very deep connection with the earth, and with the old ways. She also knows that I am in-touch with the *Beast* that dwells with in myself, the darker more primitive side of myself. She knows that I have finally achieved a very special kind of balance. *(I'll talk more about the Beast within us in a later section)*

Another one of my guides was my grandmother in a previous life and she has a wonderful Irish brogue! She is not always around me, but she is there when I have need, and she will protect me in the blink of an eye. It is funny to have an ancestor of Irish heritage guiding me in this life since I do have a small Irish connection in this life as well.

I also have three to five other guides that come and go. They help others, and me, they are not solely my guides. I don't know the names

to all of my guides, I feel if there is need for me to know they will share. I do know the name of my main guide is Tammy. She has been with me for about fifteen to sixteen years. And my Great Grandmother Minerva, she has been with me for about twenty five years, but I did not know of her being there with me for the first about ten years, so I have known of her being with me for about the last fifteen years as well. But our relationship has changed drastically in the last seven years.

Out of the other guides I have some come and some go. Some have been with me as long as I can remember, and one or two of the others have changed over time. Some are male and some are female.

I also have someone that is known as a **Guardian**. This is a being that was never human, and this being, I am unsure, if this being is a he or a she, or if there is any gender to this amazing being. This being is there solely to protect me. The Guardian never speaks to me, and seems to always be there.

Anyway we all have Spirit Guides, no matter our faith or path. I chat with mine often, and if I forget to chat with them, well they are still there for me, but they do not like to be ignored!

So, how do you chat with Spirit Guides, or talk to spirits? Well until you develop your own natural abilities to communicate with your Spirit Guides, you can use tools.

How to meet your Spirit Guides

Well there are many ways to meet your spirit guides, but I am going to discuss three of them with you here Meditation, Dreams, and Oujia Boards.

Meditation

Meditation with the intent of meeting your guides often works well for some that wish to meet their guides.

You can use one of the meditation techniques I provided in an earlier chapter or you can use whatever works best for you. When you are preparing for your meditation fill your mind with the intent of meeting and speaking with one of your spirit guides. You might want to burn some incense, and a candle charged with the intent of drawing your spirit guide and aiding you in the ability to meet and speak with your guide. Then, once you reach a very relaxed state and you have gotten close to that silent place, ask for your spirit guide. This is actually a form of Channeling, but you don't have to let the guide use your physical self to speak with you, you are only granting some of your own personal energies to speak with them.

Start small ask for your spirit guide to let you know they are there, for them to speak to you. Open your mind and your heart and listen, listen with your ears and with your very being. They will speak with you. What is it like? Well for some like me, my guides sound like

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they are in my head, almost like my own self when I am talking to myself, except there is a difference. I know my own mind voice, but when one of my guides speaks to me most often they have their own manner of speech. For example my own Grandmother has a very strong and distinctive Irish Brogue. Tammy has a hip some what slang manner of speech, almost like a teenager, but she is not, she is active, and very distinctive from the others. My Great Grandmother is always calling me a girl, or child, even though I am in my thirties! You will be able to tell the difference from your own self and from your guides speaking. It may take a few times to tell the difference, but once you get it, you got it!

Start small when dealing with your guides, ask yes and no questions to start with, and keep it short.

Once you have been talking with your guides for a week or so try to change from the yes no answers to the short answers. Like what is your guide's name, or what would they like for you to call them. Don't push, they will share what then feel a need to when you are starting out.

Over time and with practice and a growing relationship with your guides you will be able to chat with them as you would with me or anyone else. It may take time, but don't give up, we can all chat with our spirit guides eventually.

Dreams

You can use lucid dreaming to contact your guides as well. Before you go to sleep think about meeting your spirit guide, think about a place that you would like to meet them, like near a gently flowing brook, or in a dark cave. Think about what you would like to talk to them about and if you would like to meet just one or more then one at a time, I suggest only one at a time for starters. Keep thinking about your guide and meeting a guide until you actually fall asleep. As soon as you wake up you need to have a dream journal that you can write your experience in.

At first you may remember next to nothing, maybe only a word or two from your dream. That is ok, the next time you try go into your dream state with the intent of actually remembering more and more each time. And always record what you remember as soon as you wake up. This may take time, but eventually you will be able to enter into your dream state and let the guides know that you wish to be able to speak with them in a lucid state, not while you are just dreaming. But while you are awake in more of a meditation or trance state. When you reach this point then I suggest you use meditation method I provided here or something similar.

Oujia Board

Ok the Oujia board can also be used as a tool to contact your Spirit Guides. Only thing is you have to have someone with you that you trust and want to share something as private as meeting your spirit guides for the first time with. Before you start using the Oujia board let's talk about it some ok.

First thing you need to know about an Oujia board is that they are not toys! Don't treat them like a toy, or a joke. They work, why or how I can not fully explain, but they are by far not a toy to be treated lightly. Oh, yes they can be fun, enjoyable and informative, but don't play with these things.

I love Oujia boards, and I hate them too. You see, from my own personal use of the board I did discover one of my guides, and I have had some fun conversations with those on the other side. I have also helped some of those on the other side via the board. But I have also put my guide into danger due to my silly use of the board as well. I have had some down right scary things happen as well because the board in a way is a portal. And just like when you summon something, if you do not properly banish it then well... it kind of just hangs around!

I can not stress enough that the board is not a toy, and that if you use it you need to use it responsibly.

So, how do you use an Oujia board? Well you can purchase one and use it, or you can make one and use it. If you have a glass table

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you can take and make the alphabet from A to Z cut them out and tape them on the underside of the glass table where you can see the letter though the glass but it is not on the surface. The reason you don't want them on the surface is because it will hinder the glass from sliding around. If you don't have a glass table that you can put the letters underneath so you can see them through the table you can draw them on another surface. If you have a smooth piece of cardboard, really smooth you can take a marker and draw the letters from A to Z on there. Now you will also want to add besides the alphabet, a 'yes' and a 'no' and a 'goodbye'.

If you are building your own Ouija board, after you have created the letters and all you will need a glass, a small glass like a short juice glass actually works best, not a heavy glass. This glass is what you can use instead of the planchet that comes with a store bought board. With a store bought board the planchet is the device, most often plastic in a triangle shape with a little circle of clear plastic on its top so that you can see through. You need to see what letter or number that the planchet stops on so that you will know what ever it is that whomever it is, is trying to communicate with you.

I have found that a homemade board works just as well as a store bought so it is up to you whether you use one or the other.

Once you are ready and you have your board made or set up, you may want to cleanse your space and burn a candle for protection. It is really quite easy to use a board, you and a friend place your fingertips lightly on the planchet or glass and for starters you ask something like

“Is there a good spirit here that would like to speak with us?” And most often within seconds the planchet will start moving around. There are some spirits that can really move the planchet or glass around quit easily, but there are others that you will discover are kind of slow.

About the Movements of the planchet or the glass

When a spirit first lets you know that he or she is there often the planchet will move in slow circles or in slow figure eight around the board. Some spirits are very smooth when moving the planchet and others are kind of jerky with it. Some are very fast and some move a slower pace. Some spirits can spell very well, and others can not spell well at all!

Often if a spirit is waiting for your next question they will either move the planchet around in a circle or back and forth or just sit over to one side or another. If you are asking a *yes* and *no* question I suggest that you ask the question more then one time, and ask the spirit if it is telling you the truth.

Lies, I have discovered that many of the spirits will lie to you. Why? I am not sure but most of them do at one point or another lie. Possibly it is because the just don't know the correct answer, other times it is because it is what the think you want to hear.

If you contact a spirit of someone that you knew when they were alive, make that spirit prove to you with things only you and that

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person would have know. If it is the true spirit it claims to be then it will answer the questions for you.

Spirits of children are exceptionally playful and often like to play physical tricks. I had one that cut the water on in the bathtub, made the commode over flow, and made a heating system work that had not worked in several years! So yes they can do physical things! I had another that could make hot and cold flashes in an area that could be experienced by all in the general area. I chatted with another that made the VCR suck a tape back in the tape player, and another that could just make me so mad!

Look, the thing is some spirits are very active, and can play tricks or be harmful. Don't trust them right off make them prove that they are telling you the truth.

Now if you want to speak with a spirit guide then ask for one of your spirit guides to come to you and speak to you.

If you feel that you can not control the spirit you call to the board then I would suggest that you cast a circle of salt around you and work the board with in the circle. Remember you can have fun with the board, and some spirits are down right fun to chat with, but my warning to you is, be careful and be cautious. The board can be addictive, and I would not suggest that you use it alone. Why? Because alone you are often more gullible to being used and lied too, and actually to misleading yourself as well.

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Use the board with caution. It can be a fun and useful tool, or it can be abused and harmful, that is up to you. Just please remember it is not a game.

Now, whenever you are tired of talking with the spirit you need to make sure that you make that spirit say goodbye. That you make that spirit leave and go back to where it came from, and I suggest that until you are sure that the spirit is your actual spirit guide that you ask kindly for that spirit to say goodbye as well.

I also suggest that after you use the board that you clean it off with a clean white cloth or paper towel. Clean not only the board but the planchet or glass as well. The little felt thingys on the bottom of the planchet can get worn out or dirt and dust on them, clean them off or replace them when needed.

Be safe and don't treat it as a game, treat it as a divination tool. Don't let anyone and everyone borrow your board either. Keep it in a safe place. Remember it is not a toy.

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Personal Thoughts and Notes

Chapter 33



Otherkin? What in the world, or rather *who* in the world are the Otherkin? Well Otherkin is a term that is being used to talk about those that are not simply human or are human but more as well. Things or folks like Vampires, Werewolves, Fairies, Merfolk, and Dragons. And since this is something that is so much a part of the pagan New Age World, I decided to share a little bit here so that you would not feel totally in the dark about the Otherkin. You see many Witches, Wiccans and Pagans do believe in the Otherkin.

So right now I guess you are thinking this lady has got to be crazy that she can not truly believe in things like Vampires, Fairies, Dragons, and Mermaids! Well until the point and time comes that you can *prove* with out a doubt that these Otherkin do not exist, then there is enough *proof* to me that they actually *do* exist. So let's talk about the Otherkin.

Vampires

Vampires! Oh no, you don't really believe in Vampires do you? Well, some may say the very same thing about Witches and I *am* a Witch, so I *believe* in Witches. What is to say that Vampires are not just as real as Witches are?

So, do I believe in Vampires? Yes. Do I believe that they can turn or shape-shift into bats? No, I don't believe that, at least not on the physical plane. But I do believe that just as Witches are real, so are Vampires. It has even been said to me, that I am one. However I have come to the conclusion that I am not, but if it is something in the blood, then perhaps I have a fine strain of whatever that something is for I do have several of the symptoms, but I guess that is another tale.

I do believe that there are different kinds of Vampires, and different levels as well. I believe that there are more people out there that 'Play' or 'Pretend' to be Vampires, then there are actual Vampires at least actual *Real* Vampires that are '*out of the cave*' as Witches are '*out of the broom closet*'. I think, like many Witches, many Vampires remain in the shadows, not because they can not tolerate the sun, but because they can not tolerate *discrimination*, and *ignorance*, and some times even flat out *stupidity*!

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So how about a little fact and fiction, myth and reality?

Fact or Fiction?

Vampires can turn into bats, or wolves, or other animals at will, or at least the older Vampires can.

Fiction!

This is not true. Since a Vampire is essentially *Human* first and foremost, and humans can not shape shift except on the astral, then it would be understandable that a Vampire would be held to the same laws of physics and physical constraints of the body as a human is. Humans can not change shape, besides gain or loose weight, or with the help of plastic surgery unless they are on the astral plane in their astral body. Neither can Vampires change shape except on the Astral Plane.

On the *Astral* plane shape shifting *is* possible for Vampires, but then again it is for all humans as well, with practice, but not on the physical plane. Vampires don't shape shift, turn into bats, or anything else. Or at least none of the Real Vampires I have chatted with believe that they can.

Myth or Reality?

Vampires can not live in the sunlight. Direct sunlight on the skin of a Vampire will cause them to burn alive!

Myth!

Most Vampires do claim some intolerance to the sun on different levels. But none of them are going to go up in a ball of flame and smoke if they are exposed to the sun. However, many do or may sunburn easily, but there are tan Vampires and even dark-skinned vampires. But no they won't die with exposure to the sun. They may be uncomfortable most probably, but die, not probable.

Fact or Fiction?

Vampires Drink Blood, or have some kind of blood thirst.

Fact!

At least for the Blood Vampires do partake of blood. This does not mean that they have to have the blood to live, it just makes life more tolerable for many of them. However there are many that would say they do need it to live because without it, they will have weakened immune systems. Memory and Dream states that "lack of blood does not cause a vampire to die, but leads to being more susceptible to getting sickness that can cause them to die. General health is impoverished without regular blood intake"

Myth or Reality?

Vampires only survive on blood. The do not eat or drink real food and drink, they can not tolerate it, only blood can keep them alive.

Myth!

All vampires eat and drink something other than blood. However some may have a sensitivity to certain foods such as milk and dairy products, or lots of spices, but it is different for each Vampire, just as it is different with each human what they can or can not eat and allergies and such.

Types of Vampires

Ok there appears to be two types of vampires:

- ❖ Sanguine Vampire, or ones that actually drink or utilizes blood.
- ❖ Psychic or Emotional Vampire ones that utilizes energies of someone or thing else.

Vampires do not actually, from what I can tell, drink the blood for the sake of blood, but more for the Pranic energy found in blood. Many Psychic or Emotional Vampires do not even realize that they are in essence stealing energies from others.

Are you a Vampire?

First let me say that since I am not actually a Vampire myself, at least I don't think so, please understand that this whole Vampire

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section has been compiled of facts as I have found from those I have spoken with that lay claim to being some form of Vampire, from the many books I have read, and from my visits to the World Wide Web. I personally can not totally agree or disagree with most of these FAQ, because I am not educated enough or a Real Vampire, but I do believe that the information you will find here is information that I *personally* find important for those seeking to learn more. It is also information that I feel or believe to be as accurate as can be found, or at least, as I can find or access. If you would like to find out even more about Vampires I would highly recommend that if you have Internet access that you check out Drink Deeply and Dream. It is an amazing vampire site, well laid out, and as accurate as I can find from those that I have chatted with that are vampires. And honestly M or Memory and Dream is really a wonderful person/vampire. The site address is:

<http://www.drinkdeeplyanddream.com/>

I have visited many sites on the Internet but have only found a small handful that I believe to be true and accurate on the information on Vampires.

How can you tell if you are a Vampire?

This is probably the most frequently asked, and the hardest to truly answer questions. Well from my research I find that some of the symptoms or traits are:

- ❖ Sensitivity to sunlight, this does not mean you will turn into a ball of fire or start smoking if you go out into the sun light. It means that sunlight is either uncomfortable to your eyes and skin or that it could flat out hurts your eyes and causes headaches. You sunburn very quickly and painfully. Sunlight bothers my own eyes, but mainly only the morning to mid afternoon soon. After that I can, most often cope with the sun.
- ❖ For Blood Vampires there is a blood hunger that has been compared to an addiction or a craving. Cravings from as simple as the addiction many of us have to chocolate to a condition that is a lot like someone who is diabetic and requires insulin to sustain healthy blood sugar levels. The ingestion of blood is needed to regulate an abnormality in the vampire's system and energy storage, according to Memory and Dream.
- ❖ Most of the time there is mildly heightened senses, taste, things taste stronger, better, worse. Smell, often perfumes are too over powering for a vampire to wear because of the constant assault on the senses. I myself can only wear a select

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few perfumes because the others give me headaches, and sometimes even make me sick to my stomach. If I am around someone, male or female, that has too much cologne on it can also upset my stomach or give me a headache or both.

- ❖ There are those that often reported that night vision is improved.
- ❖ Many claim that they have heightened psychic abilities. I say heightened because *everyone* actually has psychic abilities, some just acknowledge them, and others actually do have more then others out of practiced use of them they have developed them, where as many Vampires claim that upon awakening or turning their psychic abilities continue to increase.
- ❖ I know that many Vampires claim physical abilities are mildly increased such as they can move or run faster and they are stronger then before even improved dexterity.
- ❖ That being naturally nocturnal or a night person is one of the symptoms or signs. I am *not* a morning person, even if I do get up at what most call a 'normal' hour then my body does not even start to function on a normal, much less happy, level until evening, and night. To say the least I am often weak, irritable, and feel out of sorts until nightfall. And that is not a joke, and I have been this way since I was a child.
- ❖ Other traits found in some are or include migraine headaches, and mood-swings, and some times even depression. I used to

have migraines until I discovered a balance in my life, started eating right, and exercising moderately. And I sleep late as I can during the day!

Ok, those are *some* of the traits, or symptoms of being a Vampire, there are more. Do you have to have them all to be a vampire? Many say *no*, some say yes and more. Honestly, I can not tell you one way or another that is something you will have to decide on your own and over time and with more education then I can provide you with here. Please remember that when it comes to learning about a path in life, or something as important as truly being a vampire, or any kind of illness or difference in ones self that it takes lots of research, plenty of learning and more then just any one book, or web site, or person can tell you. Education is the key. Also please be safe rather then being sorry. If there is someone out there that claims to know it all or that can give you something that can turn you into a vampire, please, please use your common sense and remember that there are a lot of crazy and sick people out there that would twist and hurt you. Be safe not sorry.

What I do want to note, and this is very important, is that *any* changes, especially drastic or prolonged changes that occur to your vision, sleep patterns or habits, eating habits or drinking habits and or in the ability or in-ability for you to do things that you are used to do or not doing, should be noted and possibly medical help sought!

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You will want to rule out medical conditions like your back being out of alignment, this could cause sever migraines in some, or anemia, malnutrition, and even allergies, could account for some of the above symptoms.

If you are not a doctor, and you are suffering from many of the above symptoms, you can not self diagnose yourself, and going with out proper treatment could be harmful, even fatal to yourself. And let me tell you, you are a very special, precious and unique person...if you don't believe this...email me...I bet I can prove to you that...you do matter, and that you do make a difference.

How do you become a Vampire?

There is a lot of speculation on the *how*, some say you are born a vampire, and others say that it is almost like a blood disorder. There are others still that say you can only be 'turned' into a vampire by other vampires, and some say that it is more something in the Soul, that if you are a vampire, you most likely have been such in past lives, and shall be so in future ones. But as to the actual how, I honestly just can not tell you.

Personally I feel maybe there are different ways, because there are different kinds, and levels of vampires it seems that the *way* and the *who* is the answer, one I can not give.

Are Vampires Immortal?

NO! And if you think you are a Vampire awakened or turned and that *now* you can not die, you are flat out stupid! Sorry but that is the truth. Your body is mortal- human first, and being such any gun, poison, accident and the likes can and most likely *will* kill or harm you seriously. I have not spoken or read about a *Real* Vampire yet that believes them self to be immortal. However, due to other reasons Vampires just may live a little longer, how much longer is not documented. And please remember that there is a major difference between being a Real Vampire over simply pretending to be a vampire or what is often referred to as role-playing.

What types of Vampires are there?

It has been said that it matters not what type of Vampire you may be - that a Vampire is a Vampire no matter the method of drinking, or obtaining the sustenance needed for healthy survival. However there seems to be *Two* main types of Vampires. Chances are that there are other groups and types under the main two types but for now, here are the MAIN types.

Blood Vampires: those that actually drink or need, or are drawn to blood for some form of sustenance. These are Human, NOT Immortal.

Psychic Vampires: those that with knowledge or with out knowledge that use other people, animal or other energies. The energies that all humans emanate, or are made of and surrounded by. Energies that are found in fresh fruits, the breath of animals, and many plants is what psychic vampires draw on. Many Psychic Vampires may not even know they are such, but you will find that they surround themselves with live plants, and loving animals that generously grant energies over and over to the Psychic Vamp. Again, please remember that Psychic Vampires are still human first and foremost, not Immortal.

Each of these sections are also said to be broken down into other sections... and types...but does it matter? If a Vampire is a Vampire?

FAQ

Here are some frequently asked questions about modern vampires I hope this helps some.

Do Vampires eat food?

YES...how and what is up to each individual.

What about drinking my own blood, should I?

Well let me ask you this - IF you were trapped on an island or in a remote place where you could find NO FOOD at all, and you were starving to death, do you think if you cut off your leg and roasted it over a fire and then ate it that it would help you survive starvation? Or would it only make matters worse and not benefit you at all?

Personally I am fascinated by my own blood, and often if I cut myself on my hand or such, I have since I was a child stuck it in my mouth, one to cleanse it, and another to stop it from getting everywhere. NOW that I am an adult, I know that the human mouth carries a multitude of germs that are harmful to open cuts and wounds and I don't do that. **NEVER** would I cut or would I recommend cutting ones self to obtain blood

Well the only other thing I want to talk about in this vampire section is about the Beast, and about the Nature of the Vampire, and being safe.

The Beast

Ok this is a hard thing, the Beast, to actually put into words. This is also apart of my own symptoms of Vampirism. But I am not a Vampire, I am a human and a Witch that is in touch and in balance with the Beast that is within my own self. So, my belief is that this **BEAST** is a part of all of us. Now, yes this section is for those that

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think they are vampires, but I think that this is a section that is pertinent to *everyone*! Vampire or not, because as I said, I personally think that the Beast is something with in every single one of us! Just for some reason it is more prevalent in those that are vampires.

This Beast that is part of being a Vampire that you will read of in many fiction books, and on many web sites, this Beast is something that is REAL.

It is, I don't know - maybe even part of the very 'soul'. It is very hard to explain or describe, but I will try to convey some about this inner beast.

This BEAST, it is something inside of me, and or the Vampire, it can be, or at least probably *should* be, very frightening. It is like another life form, a force inside, it lies waiting. Always there and always just below the surface of civil or proper behavior and actions. This beast is in my blood; it is in my breath, my very existence. I believe that it is in your blood as well, and in every living human being's make up.

This Beast is *not* all bad, for it grants or empowers a different kind of strength, or some might say courage to my actions maybe even a viciousness to my personality. Maybe it is even the Beast that gives me strength, confidence and possibly even poise.

This Beast is the part of me that knows the Darkness and does not fear it, but embraces it and all within it.

This Beast also will *not* go with out being listened to. If so, it can get out of control and take over my own rational, loving actions,

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bringing forth a ruthlessness, an ugliness, and a truly vicious aspect of myself.

This Beast is something that most all Vampires claim to be part of them and I believe this to be so.

But you know what else I believe? I think that *because* most Vampires admit and acknowledge this BEAST that it gives them the power, or knowledge to most often *control* it as well.

Many think that because I have this Beast with in me and I admit to it, it proves I am a Vampire. Well maybe in some way I am part Vampire, but I think that this Beast is something that is within all of us. Maybe some have a stronger beast, and others have a weaker one, but I feel it is there, all the same. It is the ability to acknowledge and take control of, or find the balance of the best that makes all the difference.

So many try to ignore and not believe in this beast that they eventually wind up being consumed at some point and time by this beast and they do something that they would not normally do.

Remember, I actually believe that *all* humans are born with this same beast. Maybe at a different level, but it is the ability to *admit* that there IS a **Darker** side to even the *lightest* person that helps control that beast. It is the *BALANCE*, of light and dark that is the key or is it?

The Nature of Vampires

I want you to understand that real Vampires, from what I have come to learn of them, are not the demonic fiends found in Christian folklore. You see being a vampire does not classify one into any specific religion or path simply because they are a vampire. They can be of any faith, or belief system and often are. I want you to also understand that real Vampires, **Real Vampires** do not necessarily drink blood at all. The fact is *most* real vampires do not even drink blood. Yes some do, but *none* that I have ever known of will bite the neck and break the skin to attain blood. There is a main artery that runs in the neck and if this artery is severed in any manner it is most often fatal to the victim or donor and Vampires are *not* killers or murderers!

Blood-drinking and vampirism has been confused so much by the average person that a vampire is defined as something that drinks blood -such as a “vampire bat”- and IF they don’t drink blood then they just simply must *not* be a Vampire this is *wrong*. If you seek the truth and you look past the propaganda and the folktales into the reality you just might find something quite different. And you probably already know a vampire or two! Matter of fact you probably know vampires and witches alike!

It is pretty much a proven fact through out folklore and historic literature that Vampires *do* need a *life force* to live, funny thing is that so many people associate *life* forces with life blood. You know the

‘blood is the life’ thing found in the Bible, leads the average person to believe that if something needs to feed upon a ‘Life Force’ it must do so by draining and ingesting the life found in blood.

Do you realize that so many of the old folktales openly accept that vampires must suck blood, however in all the documented folk tales there is never any *real* description of this actually happening. Yes, they tell how the victims seem to slowly waste away, and how the survivors and those party to witnessing this person withering away all seem to *assume* that some evil fiend is draining them of blood when no one is around. This reminds me of the Bram Stoker tale that was turned into a movie, where the girl was becoming pale and wan, wasting away. Anyway in so many cases there was never even an indication of a wound, a wound where a Vampire would have had to extract the blood from the victim. Do you know why? Because in most cases a vampire’s “attack” never even involved *physical* contact, much less a Vampire’s bite to the victim’s throat to drain them of their life’s blood. Most often the ‘life forces’ was the energy which is all around and part of the victim, that a Vampire can draw upon, even drain, with out even touching them.

So, if you want to know of real vampires, you really need to let go of all **preconceived** notions and start fresh! Yes, many have a lust or hunger for blood, fresh blood, not the kind in dead meat, especially processed meat, but fresh, uncontaminated blood, but many more never even need the taste of blood to alleviate their need for ‘life

force'! And get this -many Vampires are even >>>>>>>>
VEGETARIANS!

Life force is in everything around us, not just in the blood of humans and animals remember that.

I also want you to remember that I am not a Vampire, at least, I don't wholly think I am, so I am not the expert on this. Yes, I have for well over twenty years had a fascination, a love affair with the romantic version of Vampires. This fascination has lead me to do actual research on vampires, and to even chat with many that are vampires, but I am still not the end all know all authority on vampires. So I have asked the vampire that I actually have learned the most from whether she knows it or not, to help me with this section, and she agreed to read over this section for me!

Anyway the one other thing I wanted to mention to you about is safety, please read the section in this book on being safe, and being well, it really is important. Also, please remember that there are a lot of diseases out there now of days that can be only caught through shared blood, diseases that can be very harmful and some that can even be fatal. Play it safe ok, don't take blood from just any bozo out there. If you feel a need to feed, make sure that your donor is safe, have them tested! Or discover how to obtain energy from another source. Don't be stupid and pay for it in the long run.

Also, when it comes to cutting someone the human body is rattled with arteries and veins that if severed can cause massive amounts of

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bleeding that can lead to death. Don't cut if you don't know what you are doing!

Lastly, if you think you are a vampire, then you really need to learn all you can about your condition. Read, read and read some more, believe about half of what you read, and thing question the rest! No one is should follow anything blindly, not even this book ok.

And if you ever get online, you have to check out the web site that is called Drink Deeply and Dream. It is by far one of the best and knowledgeable sites on vampirism there is, if not the best.

Were wolves or Lycantropy

Werewolves? You don't seriously think that there are such things as werewolves do you? Ahhhh, isn't there always some form of reality *somewhere* in the myths? So as for Werewolves, who can say factually and without a doubt that there were never such creatures or beings as werewolves? I can not prove that they are *not* real any more then I can prove they are. So, in the shades of gray and the shadows of what is, and what is not what is one to believe?

I do believe with out a doubt that there is a psychological disorder called Lycantrophy. Lycantrophy is where someone *truly* believes that he or she is a werewolf.

Lycantrophy is another word for werewolf and this word's name comes from the Greek mythological king Lycaon.

Lycantrophic Disorder, which is also known as the werewolf disease, is a mental illness. The person that suffers from Lycantrophic Disorder actually believes that he or she is a werewolf. They do not change in shape but they act just like a werewolf, or what the common *perception* of what a werewolf is believed to act like; they howl at the moon and some even attack people using their teeth and nails, growling and snarling as a wolf would do. All most *all* investigated werewolf cases are actually the works of Lycantrophic Disorder patients.

Does this mean that there are no werewolves? Mmmmmm, the jury is still out on that one folks, you'll have to make your own decision. I do know that there are several individuals out there that do claim to be a werewolf. I will not dispute their claim that is their mentality to believe. I do know that my own totem is the wolf, and my familiar is part wolf, but I have no inclinations to howl at the moon nor do I claim that I am a werewolf. What I am trying to bring to light in this whole section is for you to **not** close your mind to possibilities of what is, and what could be. The fact that someone has already told you what they believe is to be true claims that vampires and werewolves and such just can't be true... does not make it any less true or not. Remember Truth is a funny thing, what is one persons truth may not be another's yet it does not make it any less truth.

So are there real werewolves out there? Well, the thing is there are real Witches out there, and there seems to be a lot of evidence that

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there are actual real Vampires out there, so why would there not be real Werewolves out there?

Fairies, Wee Folk, or the Fae

Ok, let me tell you what I believe to be true from my own research, and personal contact with the fae. First off the fae are not little tiny floaty things with gossamer wings, well at least *not* all of them! I could sit here and give you the different classes of the fae, and levels of the fae, that others have already claimed to be truth, but that is something that is in so many other books about fairies.

I had originally wanted to put in a piece on the fae folk here that a friend of mine had written but while awaiting copyright permission I had a member of a fairy clan visit me, she has instructed me to call her Mhay-Shell. This is not her real name, for only the fae know the real name of other fairies.

According to what I have been told the land of the fairy borders our own land, but in a parallel fashion. Meaning that it is in every sense astral, but in ways different because it actually exist upon this earth. That there is like a magical force field that separates their world from our world. The sad thing is when we destroy our world there are times that we are destroying their world as well. How selfish we humans can be!

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There are kingdoms in the fae land and there is royalty and peasants alike, but none are starving like in our own world. There is some strife, but it is not as it is in our world.

Some misconceptions about the fairy folk are that they are the tiny little things like Tinker Bell and that they are all sweet and benevolent. Yes, there are some fairies like tinker bell, but most fairy are quite large. And yes there are plenty of fae folk that are nice and helpful, but there are many that are sneaky, tricky, and often mean as well.

It seems that at one point in time the fairy and the human lived side by side in this land and that some even mixed and created families. This was not a highly common occurrence, but from time to time did happen. So yes there are even a few humans walking around that have fairy blood within their souls. But more so there are humans that have connection through time with fairy clans.

So how do you make contact with a fairy? Well, I'll tell you honestly, it is *not* easy. Or at least for myself it was not. And yes I have always believed in fairies. There are many books out there that will tell you just how to do it, leave a little milk or honey out for them, or find a secluded spot out in nature that you can meditate, or create a fairy spot in your home with plants and candles and stones and flowers and such. Well, I suppose that any of those methods could work, but actually none of them worked for me - not to say that those methods won't work for you or someone else. And not to say

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that there were not fae folk that did appreciate my leavings for them, because I am sure they did, and sometimes still do.

The first time I remember having any contact with fairies was one night when I was younger and pretty dumb. My friends and I were messing with the Ouija board. Well we had contacted a particularly nasty and quite the bitch of a spirit. She was pretty strong, and she was very hateful and claimed that one of my friends was going to RIP very soon, you know, Rest In Peace, being dead! And I got really pissed, and possibly she fed on my anger, and the fear the others were strongly conveying. Well needless to say that we all wanted to stop using the board, but we could not make that crazy bitch of a spirit say goodbye. And I was still too green to realize that I had the ability to banish her. So we all tried to sleep with this wacko spirit hanging around. Well she just happened to be one of the spirits that could do things on the physical plane, and to make a long story short she had us all pretty scared. Well when all the candles went out and we were all huddled together, hearts bounding and imaginations running totally wild, this was when two fairies helped my friends out and me, out.

We all saw them accept we did not at that time, know what they were. To balls of light, high up near the area that we knew this spirit was currently in. I swear it was kind of like something out of Peter Pan with Tinker Bell fluttering around Wendy trying to make her fall except this time there were two of them. I guess they were about the size of a baseball, maybe a bit smaller. We all huddled in fear the rest

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of that night. We knew something important had happened but none of us were sure just what that something was.

There was around a fifteen year span before I had contact with any other fairies. And my most recent contact is more like with my Spirit Guides. Mhay-Shell talks to me in the same way my guides do. And has informed me that many of us do find our way to the realm of the fae while in our astral forms, but few of us ever remember it.

I am not going to go in all the different types of fairy beings like Brownies and Gnomes, or Trolls and such because honestly I don't know that much about fairies and the categories. I don't do fairy magic, and honestly Fairy Wicca is something that is even *newer* than Wicca and I don't know all that much about it either.

The reason for this section was to let you know that they are real, whether you can see them or not, whether you come into contact with them or not, they are real, and to clear up some misconceptions. Some fairies are really helpful, and kind and loving, just as some humans are helpful, kind and loving. But some fae folk are hateful and cruel and sneaky, just as some humans are. Not all fairies are beautiful in the way that humans seem to gauge beauty. But all fairies are talented in some form or fashion. Most fairies never worry about having contact with humans other than the fact that they don't want us to destroy our world and damage theirs as well. But some are drawn to humans just as our spirit guides are.

I don't think that fairies are apart of Witchcraft at least not in the way many will think. Fairies are a part of nature, and since nature is a

part of Traditional Witchcraft, then yes it was only natural that for some, they were and still are a part of Witchcraft. I guess it is all up to the individual, isn't it always?

Anyway, as I have said, I am no fairy expert and the concept of this book is not to cut and paste stuff from previously published works here, it is to share a unique view, a Shadow of this Witch view. There is some solid info out there on fairies, but there is a lot of crap as well. But then there are some good and some bad in all literature and info. You have to wade through the bologna to get to the real stuff. Is the stuff here solid or crap? That is up to you, the individual to decide.

Dragons

I am not going to talk much about dragons either, because honestly I just don't know all that much about them. I have been to a place on the Astral that is a land of dragons, amazing place and some very beautiful and magical caves as well. I personally know that there are two different kinds of dragons, there may be others, but this is all I have knowledge of.

One kind of dragon is the actual dragon you have heard of in the fairy tales of Knights and damsels in distress with the fire-breathing dragons. And the other is more elemental. More of an energy based entity.

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Of the first sort of dragon, no not all of them are fire breathing, and they are amazing creatures! They have their own language, and even though they appear to be loners, they do from time to time enjoy the interaction of humans, and of other dragons, especially the younger ones, which I refer to as puppy dragons. Some breath fire, some fly, some do not fly. It seems that even those that do not fly have wings of some sort.

If you want to discover Dragons like those in the legends of old then when you mentally or astrally project you can go to the land of dragons, simply have this has your INTENT before projection! You can also do this in a dream state known as lucid dreaming. When you are getting ready for sleep think of the dragons, and of the land of dragons, with your intent before you fall asleep being that you want to go to Dragon Land to meet and view the dragons.

I believe that at some point in time just as the fairyland used to be apart of this land that the dragon land was apart of this land as well. But humans stopped believing in magic and started believing in science. Well magic is science that has yet been proved!

These Elemental Dragons, now from what little I know of them, they are not a benevolent sort. But since the are not corporal they don't have actual conscience thought or from. They are often created on or near Ley lines. Ley lines are lines of natural power that are found all over this earth. Black Dragons, are what it is called when the energy of that dragon turns sour. It can be most often contained or turned back with Iron drove in the ground.

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Most Megaliths and Monoliths are on or near Ley lines. Stonehenge is a Megalith site.

Merfolk, Mermaids and Selkies

Mermaids, or more accurately Merfolk do they exist? Do I believe in them? Yes, in my heart I do. Just as I believe in Fairies, and in Spirit Guides and in Vampires and Were-creatures too. My head tells me I am being stupid that there is no manner or way that these beings can exist, but magic and all forms of creation can not be titled, labeled and placed in to neat little boxes.

So do Merfolk exist? I believe so. I believe that possibly there is a lot that is not accounted for in the ocean and in her mysterious depths and places such as the Bermuda Triangle!

What are **Selkies**? Well most folks believe Merfolk to be part human and part fish, in some way. Selkies are part human and part Seal. There are probably other water beings that we may never know of. I mean hey, we humans can not even get along with all other humans. We seem to have problems with race, and religion, and economical backgrounds. How in the world are we to get along with mixed species when we can't even all get along on mixed races? If there are Merfolk and Selkies out there they appear to more intelligent then us, or at least more cunning. Because they can keep themselves hidden from even our most technological scientific gizmos!

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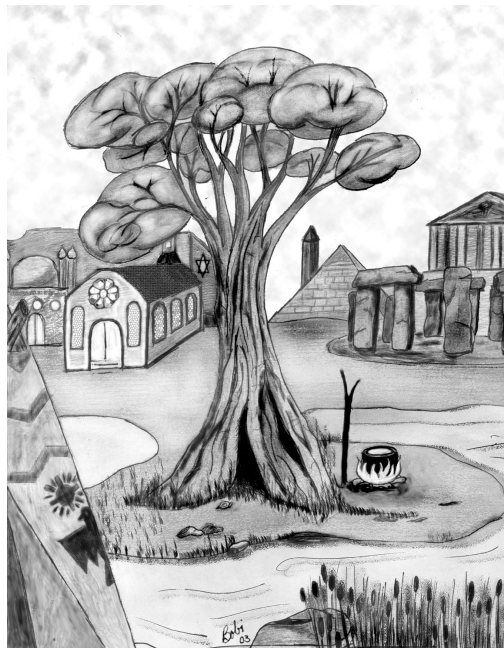
I think that we humans need to conquer our own fears, and intolerance's and prejudices before we can hope to discover the many other magical wonders that are hidden to us out there in the amazing cosmos.

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Personal Thoughts and Notes

● Section Five ●

In a world that is so vehement in religion has the actual spirituality been lost in trying to prove who's path is the right one and only way? Spirituality means something different to each individual no matter what path they walk. Why can't religion be like many different paths through the forest that eventually lead to the same place? We are all so different and so unique it seems only fitting that each of us would discover our own path through that forest.



Chapter 34

Other Spiritual Paths or Religions



There are so many other Spiritual Paths and religions out there, more than can ever fit into just one book. My personal advice to you would be to learn as much as you can about your own path, never stop learning about your own path and find different ways to learn of your own path, not just books and videos and word of mouth and Internet. Some things can be learned from so many different sources, don't just try to learn from the obvious, get creative! More advice would be to learn about other paths so you will know what they may have in common with your own path, or why the followers of another path may not agree with your own path. Learn all you can, and never stop learning. And lastly I recommend that you discover tolerance within your own self if you seek it from others! I want to talk a little bit about a couple other paths that seem to be having some shape or impact on Witchcraft and Wicca, that of Satanism, Christianity, Voodoo, and The Native American Spirituality.

These paths either have a positive or seemingly negative impact on Witchcraft or Wicca for some reason or another. I personally think

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it is because of a lack of education. Things we do not understand we tend to fear and put down, I guess it is human nature, but if so it is an ugly part of human nature. So my hopes with this section is to give you a deeper look at other paths so that you may understand tolerance, and possibly your own path, that is if you choose Witchcraft or Wicca, a little bit more. Tolerance is not bred by ignorance, so I also hope that you will do more research on your own when you put this book down. But here is some info I hope you find enlightening and educational. Accurate? I hope, if not it is my own truths, and as I have stated before, truth is something that is different to each individual.

Satanism

Part of the reason I have added Satanism here is because, it seems we FEAR what we do not understand and most often instead of *trying* to understand something we fear, we just keep on fearing it! And worse, we, as humans often tend to degrade, bad mouth, and even spread lies and propaganda about the people and things we FEAR! I truly just don't understand this! Especially when the answers to those things that we most fear can most often be so easily found by asking a few honest questions! Or by doing a little research! How hard can it be!

So you will find info here on Satanism - in hopes of dispelling some fears.

Well let me tell you, I am just as guilty as the next person to having slandered and spread my own amount of misinformation on what Satanism is. There is no excuse for it other then **ignorance** and ignorance is not bliss! I guess from the years that I was a hardcore Christian that I just took at faith and face value that Satanism was exactly what the Christians taught me that it was. A sinful, vile worship of Satan, the Christian Satan that was cast out of Heaven by God was what I thought Satanism is. Well let's take a little deeper look at Satanism and the different types of Satanism. I think that if you are going to be a balanced and tolerant Witch that this is very important information! I think you might be a little shocked at the similarities of Satanism to Wicca and Witchcraft in some forms!

So what forms of Satanism are there? I am not a Satanist so I am going on what I have learned from those who are practicing Satanist. I have asked a longtime theistic Satanist to view this section before I even thought of publishing it, and I thank her very much, Thanks Diana Vera! So what are the main types of Satanism? Traditional Satanism also known as Theistic Satanism and LaVey Satanism.

I have to say here that I have heard it said among practicing Satanist that Anton LaVey is to Satanism what Gerald Gardner was to Wicca or Witchcraft. From this I would assume that since I know that Gerald Gardner is the man that essentially created the Newer Religion of Wicca that Anton LaVey must in essences have created a newer form of Satanism. Well let's take a deeper look at Traditional Satanism and that of Satanism as practiced by the Church of Satan.

However before we go into the actual thoughts and ideas of what Satanism is today, let's look at some of the common misconceptions about Satanism, in other words, what Satanism is NOT by looking at what many practicing Satanist believe the truth to be. Again, let me state that truth is something that is different to each person, and since I am not a Satanist I can not with out a doubt claim that this is truth, only what some practicing Satanist claim to be truth.

It would seem that Satanism and Devil worship are not the same thing. However it appears that the relationship or non-relationship between "Satanism" and "Devil Worship" is a matter of dispute among practicing Satanist. There are many Satanists that will say they are not Devil worshippers, whereas others have no qualms about calling themselves Devil worshippers as well as Satanists.

- ❖ Satanism IS a form of true spirituality. For some it is a beautiful form of religion. However Satanism just like Witchcraft and Wicca does not fit neatly into one little box under one tiny label. Satanism can be practiced in many ways and has many different beliefs among different branches or traditions of the practice. As far as those that practice the LeVey form of Satanism it is more of a religion of SELF.
- ❖ The followers of Satanism are usually serious adults. There are some younger ones that are serious about their studies and there are some that only do it out of rebellion and other just as stupid reasons. But some younger folks find Witchcraft and

Wicca because they are rebelling as well, and they discover the beauty of those paths because of it.

- ❖ The Satanists' concept of Satan pre dates Christianity and is thought to be derived from the pagan image of virility and power, sexuality and sensuality.
- ❖ Satanists indulge in life. Indulgence instead of abstinence. This is not an abuse or an over indulgence, the fact is that Satanist tend to *enjoy*, and get the most out of life, not hide from it, or abstain from it. They are more focused on what is going on now, today...then worrying about what tomorrow will bring. This does not mean that they do not set goals for the future, or budget money to pay bills, most Satanist as said above are usually serious adults.
- ❖ Satanists do believe in natural laws, the laws of nature. However it does seem that their views of nature are not quite the same as the Wiccan views. However there is still much respect and reverence for nature.

Well to better understand what Traditional Satanism is let's take a look at some of the definitions of Satanism.

According to Religious Tolerance.org, one of the leading, if not most prominent resources on different types of religion found on the Internet, A "Satanist" is one who either:

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- ❖ Accepts Satan as a pre-Christian life-principle concept worth emulating. These are religious Satanists, who follow a number of religious traditions, of which the largest by far is the Church of Satan.
- ❖ Worships the Christian devil. Although the Christian Churches taught during the Renaissance that devil worshipers were very common, such individuals were in fact extremely rare, and remain so. The very few who do exist appear to be solitary practitioners; they do not appear to have formed an organization.

Now let's take a look at what the definition of Satanism is from a practicing Satanist. The following definition of what Satanism is by Diane Vera.

***What is “traditional Satanism”?** By “traditional Satanism” we mean Satanism in the traditional primary sense of the word “Satanism” — the worship of Satan as a deity.*

The word “Satanism” has been given other meanings too. For the past several decades, most public Satanist spokespeople have been atheistic symbolic Satanists, also known as “modern Satanists” or “LaVeyan Satanists,” who do not believe in or worship Satan as a deity but identify with Satan as a symbol.

At the present time, “traditional Satanism” is the most commonly-used label for those Satanists who do worship

*Satan as a deity. However, we are “traditional” **only** in the sense of reclaiming the traditional primary meaning of the word “Satanism.” Most (if not all) traditional Satanists are **not** “traditional” in the sense of having a direct lineage from any Satanist group that existed before 1966 C.E.*

*The label “traditional Satanism” has also been used by some who believe in Satan as a deity but scorn the idea of “worship.” We of the Black Goat Cabal are unashamed to say that we **worship** Satan. The word “worship” does **not** mean groveling or self-abasement. It means reverent love, adoration, and devotion.*

The label “traditional Satanism” has also been used by some who hold that Satanists should be involved in extremist politics, terrorism, or other violent criminal activity. However, at least here in the United States, it appears that the vast majority of traditional Satanists (in the sense defined in this article) are law-abiding. The Black Goat Cabal represents law-abiding forms of traditional Satanism only.

Other terms for “traditional Satanism” include “Devil worship,” “theistic Satanism,” “spiritual Satanism,” and “Diabolatry.” Some of us may consider one or more of these other labels to be more accurate or otherwise more appropriate than “traditional Satanism.” But “traditional Satanism” is the term apparently preferred by most. Copyright © 2003 Black Goat Cabal. All rights reserved.

Here is more info from Diana Vera on Theistic Satanism.

“Theistic Satanism” is another term for what is also known as “traditional Satanism.” The primary meaning of “theism” is “belief in a god or gods.” A theistic Satanist is a Satanist who reveres Satan as an actual deity, not just a symbol.

A secondary meaning of “theism” is more specific: belief in a personal Creator God. However, those who use the term “theistic Satanism” are using it in the more general sense of belief in Satan in some kind of God, not necessarily as a personal Creator God or as the opponent of a personal Creator God.

Theistic Satanists vary in our understanding of who or what Satan is. Some of us base our understanding solely or primarily on a reinterpretation of Christianity, while others identify Satan with one or more non-Christian deities (e.g. Enki, Prometheus, Pan, Set, Shiva, Exu). Still others believe in Satan as an impersonal “Dark Force in Nature” or as “the All.”

*The term “theistic Satanism” is intended to include **all** who revere Satan as a deity, regardless of their specific theology. (Copyright © 2003 Black Goat Cabal. All rights reserved.)*

You also have a different form of Satanism that is the teachings of the Church of Satanism. The teachings are many and more than I truly understand so I do recommend that you check out the Satanic Bible by Anton LaVey if you want to learn more about the LeVayan form of Satanism. There is also the Goth version of Satanism. What I want you to think about is Satanism and Devil Worship is not one and the same thing to all Satanist. Kind of like Witchcraft and Wicca is not one and the same thing to all Witches.

Baphomet and Inverted Pentacle

Ok we can not take a look at Satanism without quickly looking at what Christians think of as so repulsing, and what so many Wiccans try desperately to deny being part of their own paths, the inverted Pentacle! What many Witches and especially Wiccans do not realize is that the inverted pentacle is often used in Witchcraft, it is not evil or demonic it only means something different than the one with one point up does. For example you can use an inverted pentacle to aid in banishing or in things such as getting rid of a sickness, so you see an inverted pent can be a good thing.

Folks think that the inverted pentacle is a historical part of Satanism, however prior to the Baphomet which is an inverted pentacle with a goat's head with horns in it, the main satanic symbol was an inverted cross, not an inverted pentacle. It was simply

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irrational and uneducated Christians, for the most, that mistakenly placed the inverted pent in the path of Satanism.

It is the Baphomet, which is an inverted pentacle with a goat's head and horns and all in the points of the pentacle, that is the now recognized symbol of the Church of Satan. The Baphomet is actually a fairly NEW religious symbol to the spiritual path of Satanism. You see from what I can tell from my diggings, for I can not actually call them studies of Satanism, it seems that the Baphomet did not become a symbol of Satanism until the Church of Satan was founded in 1966. As I said early it appears that prior to the Baphomet that the inverted cross, was the symbol of Satanist mostly.

For more info on the history of the Baphomet check out this web page when you get the chance: <http://www.churchofsatan.com/Pages/BaphometSigil.html>

I can not teach you all there is to know of about Satanism in this book, for several reason, mainly I am not a practicing Satanist so I do not know all the amazing workings of this form of Spiritualism, not to mention this book is about Witchcraft. However I want to share enough knowledge so that you can find understanding, and hopefully tolerance. Knowledge is the key. I am not saying go out and become a Satanist, it like Witchcraft, is not a path for everyone, but it is a wonderful and rewarding path for many, more then you may think actually.

I am also not sitting here preaching that all Satanists are nature loving and kind folks, because there are some sadistic and cruel

Satanist out there. But then again, there are some hateful and disgusting Christians, Wiccans, Buddhist and Taoist you name it. It is not the religion or spiritual path that makes a person sick and twisted it is something that most often comes from within an individual, not a form of spirituality. So don't blame it on the religion! Education is the key.

Christianity

Christianity is an amazing religion. If you have never followed the path of Christianity let me tell you a little about it. Christianity is an exceptionally beautiful and loving religion for many of its practitioners. There are many different denominations that are kind of like the Wiccan Traditions. You have the Catholic, Baptist, Mormons, Presbyterian, Methodist and many more. It is actually all still the same religion, but the emphases are on different teachings of the Bible.

There are some Christians that would still consider me a Christian, because some Christians believe that if you believe in Jesus and his teachings, and believe that He is the Son of God then you are a Christian. There are others that believe me to be a devout Christian because I do believe in Jesus, and I do believe in God, and I do believe that Jesus is the Son of God and I have been baptized as well, submersion baptism. I was fully dunked honey, and my wonderful preacher at that time held me under for a very long time. I actually

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thought I was going to be baptized and go to Heaven, meet my maker, in the same few moments!

Ok the gist of Christianity is this, God created the world, in six days and rested on the seventh. My own opinion on evolution, the Bible never claims that one of Gods days is simply 24 hours long, it only says that God created the Heavens and the Earth in six days and rested on the seventh. It also does not, as far as I know, say which day was the seventh, Sunday, Monday, Tuesday or what. Christians believe that God made the world so he rules the world.

Christians also believe that God fashioned man, all of us, in his image. Adam and Eve are supposed to be the first people that God created, and it is said that God created Eve from one of Adams ribs. Christians agree and believe that God created the world and all within and on it and put man here to rule over it and take care of it.

Whew aren't we doing a great job! We are destroying the protective layer of the earth, the Ozone layer, and man is strip mining the minerals of the earth, striping the earth is a more appropriate term. The rainforest is being pillaged every day, animals are being hunted to extinction, land is over farmed, and we are loosing the magical nutrients in the very soil of the earth. If the Christian God put us here to take care of this planet we are *not* doing a very good job.

Any way the Bible does say: *"You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being."* (Revelation chapter 4, verse 11) So you see the Christian Bible says that God

created all things, and that he should receive 'glory and honor and power' because of it. Most glory is that of praise and worship, and following Gods and Jesus' teachings.

The Christian faith also believes in an evil in the form of Satan, the Devil, or Lucifer what ever you want to call him. It seems that Lucifer was at one point and time God's right hand man so to say. He was an Angel or divine being an amazing being only second to God it seems. Well to make a long story short it appears that Satan made God mad, and God cast him from Heaven.

So now we have the fact that Christians believe that God created everything, and created us in his Image, and we have the evil, that of Satan, or the Devil.

The next big thing or belief is that Jesus is Gods son. Jesus was born to Mary, Mary is believed to have been a Virgin. Emaculant conception, there are many other Virgin births in many other religion other then Christianity it is only the Christians that see this as solely part of their religion.

Now, to me, Jesus' teachings are the truth of real Christianity. The Old Testament in the Bible is the words of God before Jesus was born. The New Testament is the version of the Bible that reflects the teachings of God through Jesus.

We now have Good and Evil, being Jesus, and Satan. Now another fundamental belief of Christianity is that God sent Jesus here to teach us and then to die for our sins. Jesus was crucified on the cross, even Non-Christians know of this. He died and three days later

was resurrected right? Right? We will look deeper into this belief in this chapter as well. Anyway the concept is that Jesus died, gave his life and blood for us, sacrificed himself for our sins absolving all our sins if we simply ask for forgiveness of them.

The Bible, to most Christians, IS the word of GOD and it is infallible because it is considered to be the word of God. There is an Old Testament and a New Testament of the Bible. Christianity is, as I have said truly an extraordinary religion of light and love there is no question about that. What I question is the BIBLE and the teachings of it, and the fact that so many Christians do not believe that it could in any shape, way or form be the slightest bit wrong.

I was a practicing Christian for several years, my early years. I loved going to church and being part of the church activities. I loved the people, I loved much about the church and Christianity. But there came a time when I had questions, and the answers were not to my liking.

I think of God as a loving and kind God, not a hateful and unforgiving one. Well if you think of it, the loving and kind God is only one side of God, and then you have the harsh God that created such a place as Hell along with the fire brimstone and damnation. Well, I just did not believe that God would create man, love us and then send us to such a horrible place as Hell. But no one could give me answers to the many questions I had. And I started to drift away from the religion that I had at one time found so full filling and peaceful to seek my own answers. That is when I started researching

other paths, paying more attention to what was supposed to be my birthright, that of the Craft, and also started finding many inconsistencies in the teachings of the Bible. I think that Christianity is a beautiful and rewarding religion for many, and this section can not cover the fact that it is truly an amazing religion, but the fact remains that it is not infallible. NO religion is, Not Wicca, Not Christianity, not more Traditional Witchcraft, not any religious path. There are gaps, and inconsistencies in all religions. It just seems to me that the Christians are less willing to admit that just maybe their path is NOT the **only** way, and especially the only RIGHT way. So you will find in this chapter tales and scriptures and tid bits that try to get across the inaccuracies of the Bible.

I also know that many that discover Wicca were once devout Christians and they tend to feel a little guilty about moving away from Christianity. I try to explain to them that they may be moving away from one form of religion but that often they move closer to spirituality. Religion is a form of doctrine. It is words and lessons taught by man. Spirituality is so much more than mere words and actions, spirituality is true connection to the divine, and a real connection to self.

Is the Bible truly the word of God? Well, I believe that possibly it started out that way, but through translations and miss translations things have gotten lost, and left out and inaccurately translated to top things all off. Not to mention the fact that Christianity reflects a time in life where there was complete male dominance and women had no

real rights what so ever. This does not seem fair or Godly in my opinion.

Inconsistencies of the Christian Bible

With this section my intention is not to degrade, or make Christianity out to be an ugly religion, because it is not. The Christian religion is a beautiful thing it is the Bible and its many teachings that I have found problems with. And the Christian Bible is a large part of the reason I am not a practicing Christian anymore. I am a Christian yes, but only because for many years Christianity was a large part of my life and my learning's, one can never erase the past or the things that have shaped a person into what and who they are today. So, yes in some ways I will forever be a Christian because it is a part of me. But so is the fact that I was born to a Witch. However I have to point out some of the things that literally drove me from Christianity.

Christianity teaches from the time of preschool, in the many years of Bible School lessons that Adam and Eve are the first people that God created, and that it is Adam and Eve that populated the earth. Well if this were true then there was some intermarriage in there some where... brothers with sisters and all if you see what I am saying. IF we are all from the same two people first created, Adam and Eve as so many churches teach, then there was incest right?

Well that would possibly be true if we look at it in the manner that God created Adam and Eve and they were the first two folks here on

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earth and that they populated the earth. Well I want to share a story with you that will give this Adam and Eve thing a brand new twist, and think about it, it is one of the most prevalent inaccuracies, or inconsistencies of the Bible I have found so far. And the thing is I could not share it in a better manner the Oberon Zell did. The follow tale was first published in *Green Egg magazine*, Vol. XXII, No. 85, May 1, 1989, which is no longer in print, but the article is now still in circulation as a cartoon thanks to *Pathfinder Press*. In the Bibliography you can find where and how to see the cartoon if you want. I truly thank Oberon Zell for allowing me to share this wonderful tale here with the rest of you.

We Are the Other People

By: Oberon (Otter) Zell

“Ding-dong!” goes the doorbell. Is it Avon calling? Or perhaps Ed McMahon with my three million dollars? No, it’s Yahweh’s Witlesses again, just wanting to have a nice little chat about the Bible... Boy, did they ever come to the wrong house! So we invite them in: “Enter freely and of your own will...” (Hey, it’s Sunday morning, nothing much going on, why not have a little entertainment?) Diane and I amuse ourselves watching their expressions as they check out the living room: great horned owl on the back of my chair; ceremonial masks and medicine skulls of dragons and unicorns on the wall; crystals, wands, staffs, swords; lots

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of Goddess figures and several altars; boa constrictors draped in amorous embrace over the elkhorn; white doves sitting in the hanging planters; cats and weasels underfoot; iron dragon snorting steam atop the wood stove; posters and paintings of wizards and dinosaurs and witchy women, some proudly naked; sculptures of mythological beasties and lots more dinosaurs; warp six on the star-filled viewscreen of my computer; a five-foot model of the USS Enterprise and the skeleton of a plesiosaur hanging from the ceiling; very, very many books, most of them dealing with obviously weird subjects... To say nothing of the great horned owl perched on the back of my chair and the Unicorn grazing in the front yard. You know; early Addams Family decor. And then, of course, it being late in the morning, you can expect Morning Glory to come wandering out naked, looking for her wake-up cup of tea. Morning Glory naked is a truly impressive sight, and the Witlesses look as if she'd set titties on stun as they stand immobilized, hands clasped over their genitals.

With the stage set and all the actors in place, the show is ready to begin. Their mission, of course, is to save our heathen souls by turning us on to "The Word of the Lord"- their Bible. I guess they figger some of us just haven't heard about it yet, and we're all eagerly awaiting their joyous tidings of personal salvation through giving our rational faculties to Jesus. Every time they come around, I look forward to trying out a new riposte. Sure, it may be cruel and sadistic of me, but hey, I didn't call them up and ask them to come over; they entered at their own risk! This time should be pretty good.

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After letting them run off their basic rap while lovely Morning Glory serves us all hot herb tea, I innocently remark: "But none of that applies to us. We have no need for salvation because we don't have original sin. We are the Other People."

"Hunh? What?" they reply eloquently. It's clear they've never heard this one before."

Right," I say. "It's all in your Bible." And I proceed to tell them the story, using their own book for reference: (Genesis 1:26) The [Elohim] said, "Let us make humanity in our own image, in the likeness of ourselves, and let them be masters of the fish of the sea, the birds of heaven, the cattle, all the wild beasts and all the reptiles that crawl upon the earth." Elohim is a plural word, including male and female, and should properly be translated "Gods" or "Pantheon." (1: 27) The Gods created humanity in the image of themselves, In the image of the Gods they created them, Male and female they created them. (1:28) The Gods blessed them, saying to them, "Be fruitful, multiply, fill the earth and conquer it. Be masters of the fish of the sea, the birds of heaven and all living animals on the earth."

Now clearly, here we are talking about the original creation of the human species: male and female. All the animals, plants, etc. have all been created in previous verses. This is before the Garden of Eden, and Yahweh is not mentioned as the creator of these people.

The next chapter talks about how Yahweh, an individual member of the Pantheon, goes about assembling his own special little

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botanical and zoological Garden in Eden, and making his own little man to inhabit it: (Gen 2:7) Yahweh God fashioned a man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus the man became a living being. (2:8) Yahweh God planted a garden in Eden which is in the east, and there he put the man he had fashioned. (2:9) Yahweh God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden. (2:15) Yahweh God took the man and settled him in the garden of Eden to cultivate and take care of it. Now this next is crucial: note Yahweh's precise words: (2:16) Then Yahweh God gave the man this admonition, "You may eat indeed of all the trees in the garden. (2:17) Nevertheless of the tree of the knowledge of good and evil you are not to eat, for on the day you eat of it you shall most surely die." Fateful words, those. We will refer back to this admonition later.

Then Yahweh decides to make a woman to go with the man. Now, don't forget that the Pantheon had earlier created a whole population of people, "male and female," who are presumably doing just fine somewhere "outside the gates of Eden." But this set-up in Eden is Yahweh's own little experiment, and will unfold to its own separate destiny. (2:21) So Yahweh God made the man fall into a deep sleep. And while he slept, he took one of his ribs and enclosed it in flesh. (2:22) Yahweh God built the rib he had taken from the man into a woman, and brought her to the man. Right. Man gives birth to

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woman. Sure he does. But that's the way the story is told here. (2:25) Now both of them were naked, the man and his wife, but they felt no shame in front of each other. Well, of course not! Why should they? But take careful note of those words, as they also will prove to be significant...

Now this next part is where it starts to get interesting. Enter the Serpent: (Gen. 3:1) The serpent was the most subtle of all the wild beasts that Yahweh God had made. It asked the woman, "Did God really say you were not to eat from any of the trees in the garden?" (3:2) The woman answered the serpent, "We may eat the fruit of the trees in the garden. (3:3) "But of the fruit of the tree in the middle of the garden God said, 'You must not eat it, nor touch it, under pain of death.'" (3:4) Then the serpent said to the woman, "No! You will not die! (3:5) "God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil." What a remarkable statement! "Your eyes will be opened and you will be like gods, knowing good and evil." The Serpent directly contradicts Yahweh. Obviously, one of them has to be lying. Which one, do you suppose? And, if the serpent speaks true, wouldn't you wish to eat of the magic fruit? Wouldn't it be a good thing, to become "like gods, knowing good and evil"? Or is it preferable to remain in ignorance?

(Gen. 3:6) The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. (3:7) Then the eyes of

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both of them were opened and they realized that they were naked. So they sewed fig leaves together to make themselves loincloths. The author makes an interesting assumption here: that if you realize you are naked you will automatically want to cover yourself. Further implications will unfold shortly...

(Gen. 3:8) The man and his wife heard the sound of Yahweh God walking in the garden in the cool of the day, and they hid from Yahweh God among the trees of the garden. (3:9) But Yahweh God called to the man. "Where are you?" he asked. (3:10) "I heard the sound of you in the garden," he replied. "I was afraid because I was naked, so I hid." (3:11) "Who told you that you were naked?" he asked. "Have you been eating of the tree I forbade you to eat?"

And so the sign of the Fall becomes modesty. Take note of this. The descendants of Adam and Eve will be distinguished throughout history from virtually all other peoples by their obsessive modesty taboos, wherein they will feel ashamed of being naked. It follows that those who feel no shame in being naked are, by definition, not carriers of this spiritual disease of original sin!

(Gen. 3:12) The man replied, "It was the woman you put with me; she gave me the fruit, and I ate it." Right. Blame the woman. What a turkey! (3:13) Then Yahweh God asked the woman, "What is this you have done?" The woman replied, "The serpent tempted me and I ate." So of course she blames the serpent. But just what did the serpent do that was so evil? Why, he called Yahweh a liar! Was he wrong? Let's see... (3:21) Yahweh God made clothes out of skins for

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the man and his wife, and they put them on. Out of skins? This means that Yahweh had to kill some innocent animals to pander to Adam and Eve's new obsession with modesty!

And now we come to the crux of the Fall. Yahweh had said back there in chapter (2:17), regarding the fruit of the tree of knowledge, that "on the day you eat of it you shall most surely die." The Serpent, on the other hand, had contradicted Yahweh in chapter (3:4-5): "No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil." So what actually happened? Who lied and who told the truth about this remarkable fruit? The answer is given in the next verse: (3:22) Then Yahweh God said, "See, the man has become like one of us, with his knowledge of good and evil. He must not be allowed to stretch his hand out next and pick from the tree of life also, and eat some and live forever."

Get that? Yahweh himself admits that he had lied! In fact, and in Yahweh's own words, the Serpent spoke the absolute truth! And moreover, Yahweh tells the rest of the Pantheon that he intends to evict Adam (and presumably Eve as well) to keep them from gaining immortality to go with their newly-acquired divine knowledge. To prevent them, in other words, from truly becoming gods! So who, in this story, comes off as a benefactor of humanity, and who comes off as a tyrant? THE SERPENT NEVER LIED!

This story, to digress slightly, bears a remarkable resemblance to a contemporary tale from ancient Greece. In that version, the Serpent

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(later identified as Lucifer, the Light-Bearer) may be equated with the heroic titan Prometheus, who championed humanity against the tyranny of Zeus, who wished for people to be mere slaves of the gods. Prometheus, whose name means “forethought,” gave people wisdom, intelligence, and fire stolen from Olympus. Moreover, he ordained the portions of animal sacrifice so that humans got the best parts (the meat and hides) while the portion that was burned to the gods was the bones and fat. In punishment for this defiance of his divine authority, Zeus condemned Prometheus to a terrible punishment for an immortal: to be chained to a mountain in the Caucasus, where Zeus’ gryphon/eagle (actually a Lammergeir) would devour his liver each day. It would grow back each night. Zeus promised to relent if Prometheus would reveal his great secret knowledge: Who would succeed Zeus as supreme god? Prometheus refused to tell, but history has revealed the answer... The interesting thing about all this is that the Greeks properly regarded Prometheus as a noble hero in his defiance of unjust tyranny. One may wonder why the Serpent is not so well regarded. On the contrary, snakes are loathed throughout Christianity. (3:23) So Yahweh God expelled him from the garden of Eden, to till the soil from which he had been taken. (3:24) He banished the man, and in front of the garden of Eden he posted the cherubs, and the flame of a flashing sword, to guard the way to the tree of life.

So that’s it for the Fall. But the story of Adam and Eve doesn’t end there. (Gen 4:1) The man had intercourse with his wife Eve, and

she conceived and gave birth to Cain... (4:2) She gave birth to a second child, Abel, the brother of Cain. Now Abel became a shepherd and kept flocks, while Cain tilled the soil. (4:3) Time passed and Cain brought some of the produce of the soil as an offering for Yahweh, (4:4) while Abel, for his part, brought the first-born of his flock and some of their fat as well. Yahweh looked with favor on Abel and his offering. But he did not look with favor on Cain and his offering, and Cain was very angry and downcast. Well, why shouldn't he be? Both brothers had brought forth their first fruits as offerings, but Yahweh rejected the vegetables and only accepted the blood sacrifice. This was to set a gruesome precedent: (4:8) Cain said to his brother Abel, "Let us go out;" and while they were in the open country, Cain set on his brother Abel and killed him.

Accursed and marked for fratricide, (4:16) Cain left the presence of Yahweh and settled in the land of Nod, east of Eden. We can assume that the phrase "left the presence of Yahweh" implies that Yahweh is a local deity, and not omnipresent. Now Eden, according to (Gen. 2:14-15), was situated at the source of the Tigris and Euphrates rivers, apparently right where Lake Van is now, in Turkey. "East of Eden," therefore, would probably be along the shores of the Caspian Sea, right in the Indo-European heartland. Cain settled in there, among the people of Nod, and married one of the women of that country. Here, for the first time, is specifically mentioned the "other people" who are not of the lineage of Adam and Eve. i.e: the Pagans.

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So let's look at this story from another viewpoint: There we were, around six thousand years ago, living in our little farming communities around the Caspian Sea, in the land of Nod, when this dude with a terrible scar comes stumbling in out of the sunset. He tells us this bizarre story, about how his mother and father had been created by some god named Jahweh, and put in charge of a beautiful garden somewhere out west, and how they had gotten thrown out for disobedience after eating some of the landlord's forbidden magic fruit of enlightenment. He tells us of murdering his brother, as the god of his parents would only accept blood sacrifice, and of receiving that scar as a mark so that all would know him as a fratricide.

The poor guy is really a mess psychologically, obsessed with guilt. He is also obsessively modest, insisting on wearing clothes even in the hottest summer, and he has a hard time with our penchant for skinny-dipping in the warm inland sea. He seems to believe that he is tainted by the "sin" of his parent's disobedience; that it is in his blood, somehow, and will continue to contaminate his children and his children's children.

One of our healing women takes pity on the poor sucker, and marries him... (4:17) Cain had intercourse with his wife, and she conceived and gave birth to Enoch. He became the builder of a town, and he gave the town the name of his son Enoch.

With both of their first sons not turning out very well, Adam and Eve decided to try again: (4:25) Adam had intercourse with his wife, and she gave birth to a son whom she named Seth... (4:26) A son was

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also born to Seth, and he named him Enosh. This man was the first to invoke the name of Yahweh. Now it doesn't mention here where Seth's wife came from. Another woman from Nod, possibly, or maybe someone from another neolithic community downstream in the Tigris-Euphrates valley. But her folks also, cannot be of the lineage of Adam and Eve, and must also be counted among "the other people."

But whatever happened to Adam? After all, way back there in chapter Gen. 2:17, warning Adam about the magic fruit of knowledge, Jahweh had told him that "on the day you eat of it you shall most surely die." So, when did Adam die? (Gen. 5:4) Adam lived for eight hundred years after the birth of Seth and he became the father of sons and daughters. (5:5) In all, Adam lived for nine hundred and thirty years; then he died. Hey, that's pretty good! Nine hundred and some odd years isn't bad for a man who's been told he's gonna die the next day!

Well, the story goes on, and maybe next time the Witlesses come to visit I'll tell more of it. But suffice it to say that those of us who are not of Semitic descent (i.e., not of the lineage of Adam and Eve) cannot share in the Original Sin that comes with that lineage. Being that the Bible is the story of that lineage, of Adam and Eve's descendants and their special relationship with their particular god, Yahweh, it follows that this is not the story of the rest of us. We may have been Cain's wife's people, or Seth's wife's people, or some other people over the hill and far away, but whichever people the rest of us

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are, as far as the Bible is concerned, we are the Other People, and so we are continually referred to throughout.

Later books of the Bible are filled with admonitions to the followers of Jahweh to “learn not the ways of the Pagans...” (Jer 10:2) with detailed descriptions of exactly what it is we do, such as erect standing stones and sacred poles, worship in sacred groves and practice divination and magic. And worship the sun, moon, stars and the “Queen of Heaven.” “You must not behave as they do in Egypt where once you lived; you must not behave as they do in Canaan where I am taking you. You must not follow their laws.” (Lev 18:3) For Yahweh, as he so clearly emphasizes, is not the god of the Pagans. We have our own lineage and our own heritage, and our tale is not told in the Bible. We were not “made” like clay figurines by a male deity out of “dust from the soil.” We were born of our Mother the Earth, and have evolved over aeons in Her nurturing embrace. All of us, in our many and diverse tribes, have creation myths and legends of our origins and history; some of these tales may even be actually true.

Like the descendants of Adam and Eve, many of us also have stories of great floods, earthquakes, volcanic eruptions and other cataclysms that wiped out whole communities of our people, wherein “I alone survived to tell the tale.” Nearly all of our ancestral tribes (and especially those of us who today are reclaiming our own Pagan heritage) lack that peculiar obsessive body modesty that seems to be a hallmark of the original sin alluded to in the story of the Fall. We can

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be naked and unashamed! Why, our Goddess even tells us, “as a sign that you are truly free, you shall be naked in your rites.” Not being born into sin, we have no need of salvation, and no need of a Messiah to redeem our sinful souls.

Neither heaven nor hell is our destination in the afterlife; we have our own various arrangements with our own various deities. The Bible is not our story; we have our own stories to tell, and they are many and diverse. In a long life, you may get to hear many of them... May you live long and prosper!

Oberon has painted a picture that helps us see some of the inaccuracies in an accurate if comical way. The bottom line is that the inaccuracies are right there in the Christian Bible, and in print. But appear to never actually be taught? Why? Well I have to admit it does seem that I too must be one of the ‘Other People’.

So the wonderful tale by Oberon Zell is not all of the inaccuracies by far, let me share even more with you. Please remember that the Christian religion is a beautiful religion, I just want some of the things cleared up? Or answered, or just taught correctly! An perhaps to give a better picture as to why many are drifting away from the religion of Christianity and seeking new spirituality.

Who is the Father of Joseph?

Who is actually the father of Joseph, the Joseph that was married to Mary, the Virgin that gave birth to Jesus. According to the Bible in Matthew 1:16

- ❖ MAT 1:16 And Jacob begat Joseph the husband of Mary, of whom was born Jesus, who is called Christ.

However the Bible also says in Luke 3:23

- ❖ LUK 3:23 And Jesus himself began His ministry at about thirty years of age, being (as was supposed) the son of Joseph, which was the son of Heli, the son of Mattathiah, the son of...

What I am trying to show here is that in the *Bible* under Matthew it states that Jacob is Joseph's father, the one that begat him, but in a different section of the *Bible* it states that Heli is the father of Joseph. So which is it Jacob or Heli that is actually the father of Joseph?

Resurrection

Ok, as I stated previously that Christians believe that Jesus was the Son of God and that he willingly sacrificed his blood and his very life for our sins, or rather the sins of all human kind.

Well let's take a closer look at this subject, a look at it how it appears IN the BIBLE. Please note that I said that it is taught that

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Jesus ‘Willingly sacrificed his blood and very life for the sins of all’ at least this is what we are taught. But did he really ‘willingly’ Die for our sins?

Was Jesus Sent to Be Crucified?

Was Jesus truly willing to die for our sins? Was it in his heart and wholly his choice? In Matthew 26:38 it states “Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me.” This is Jesus saying that his soul is sorrowful unto death? He is not happy. Then Jesus went a little further away from them and prayed to God as in Matthew 26:39 and he said “And he went a little farther, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.”

It does seem to me that from these verses that it is pretty apparent that Jesus had no intention of dying, or that he did not truly wish to die, why would he ask that the cup be passed from him if he was willing to do this, to die?

Also the actual predications of what was to happen upon the death of Jesus was not wholly accurate either. It was prophesied that Jesus would rise on the third day. This never truly happened.

When the people were asking Jesus Christ if he was going to show them a sign, He replied by saying that the only sign that they should expect is the sign of Jonas. Jesus also made sure to specify what

exactly this sign was. You can analyze this closer in Matthew 12:38 when it states Then certain of the scribes and of the Pharisees answered, saying, Master, we would see a sign from thee. Matthew 12:39 But he answered and said unto them, An evil and adulterous generation seeketh after a sign; and there shall no sign be given to it, but the sign of the prophet Jonas: Matthew 12:40 For as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth.

This states that Jesus will spend three days and three nights in the belly of the earth as Jonas did in the well. Three days... and Three nights.

But was it truly three days and three nights as Jesus said as the prophecy stated?

Jesus was crucified on Friday, this is certainly known

among all Christians, even non Christians know of Good Friday, but this is the reason it is called such because this is the day that Jesus was crucified and that is the reason for

calling that Friday by "Good Friday". Jesus was laid in the tomb on Friday night. Now let's figure this out and see if it truly was three days and three nights?

- ❖ Friday night Jesus was buried. This was the **first** night.
- ❖ Saturday Jesus was still in the grave. This would be the **first** day.

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- ❖ Saturday night Jesus was still in the grave. This would be the **second** night.
- ❖ On the **second** actual morning Mary Magdalene, very early in the morning before sun
- ❖ came up and after the Sabbath which was Saturday, went to the see Jesus, and he was not there. So Jesus was there on the first night and the first day and the second night but when Mary went to see him ‘very early in the morning’ of the second day Jesus was not to be found?

I mean if you really think about it we are all taught from the time we are small children that Jesus was killed on Good Friday and that he rose on Sunday, Easter Sunday right? Well even at that Friday, was only a partial day because he was alive much of that day, and they did not move his body to the tomb until evening but still Christians see Friday as day one, Saturday as day two and Sunday as day three. But the Bible states that he will be in the Earth for three days, not dead and then rise in three days. It seems that many Christians do not see the Resurrection as it is stated in the Bible, but more as they *wish* to view it to make it fit the prophecy.

The following verses tell of explain the event of the resurrection a little more, Mark 16:1 And when the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and anoint him. Mark 16:2 And very early in the morning the first day of the week, they came unto the

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sepulchre at the rising of the sun. Mark 16:3 And they said among themselves, Who shall roll us away the stone from the door of the sepulchre?

Mark 16:4 And when they looked, they saw that the stone was rolled away: for it was very great. Mark 16:5 And entering into the sepulchre, they saw a young man sitting on the right side, clothed in a long white garment; and they were affrighted. Mark 16:6 And he saith unto them, Be not affrighted: Ye seek Jesus of Nazareth, which was crucified: he is risen; he is not here: behold the place where they laid him.

So from this we can see that the Bible verses are telling us that the actual number of days and nights that Jesus had spent in the heart of the earth is 1 day and 2 nights. This

clearly disputes what Jesus had prophesied, as he would stay in the earth as Jonas stayed in the well for three days. This was only one whole day and two nights not three days at all.

There are actually many, many more inaccuracies in the bible, but I don't want to write half a book here on them. You have the simple little contradictions like:

An Eye for an Eye, and Turn the other cheek. So what is it? Do you exact revenge pound for pound, and eye for an eye, or do you let bygones be bygones and turn the other cheek and forget about it?

The thing is, there are so many contradictions, and inaccuracies in the Bible how can so many believe that it is *infallible*? That it is

without a doubt the word of God, and not the word of MAN? I think that Christianity is an amazing and beautiful religion, but I have serious qualms with the Bible and it's contradictions and the fact that it has been translated many times, and by all men. Is it just me or is the bible actually a male oriented book? I missed the *balance* as a Christian.

Yes Christianity is an amazing and rewarding and fulfilling beautiful religion for many millions of people, it is just not for everyone.

The only problem I truly have with Christians is the fact that they feel that their way is the ONLY way and that they feel that they have to go out and convert the masses, educate the masses to believe the way they do. And the fact is that many if not most of them will make you feel dirty or bad if you do not believe the way they believe, and I think that is just plain wrong. We all have a right to believe what we want, not what is forced upon us as right and the only way.

One of the cruelest things I believe happened in American History is the fact that the good God fearing Christians stole so much from those that were here or those that they brought here. One example of this is the Native Americans; it is amazing that the Native Americans still have a hold on their own religion that I might add is very similar in many ways to that of Witchcraft and of the new religion of Wicca. The good Christian folks nearly destroyed the spirit of the Native Americans by forcing the Christian ways and teachings upon them. Same with the slaves that was brought over to America from Africa

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and other areas. The Slaves of Africa had their own amazing religion, and way of life that again, the good God Fearing Christians nearly destroyed, and in some cases did, simply because it was their way... or NO way. This concept is wrong, and I doubt if Jesus were here today if he would agree with forcing religion on anyone.

Bottom line is that I think Christianity, at it's basic, is a most beautiful religion, worthy of the many followers. I don't think Christianity is bad or bias or hateful in any way but you say. "*They* judge us, and condemn us for practicing witchcraft" or that "*they* say we are going to Hell for our beliefs" or "*they* preach at us and tell us we are wrong for believing the way we do"

Did you notice a pattern in the above paragraph? It is NOT the *Christian Religion* that is judging us and condemning us. It is not the Christian religion that says we are going to Hell for our beliefs and it is not the Christian religion that is yelling and preaching at us that what we believe is wrong - it is the *Christians and their interpretation of that religions book, the Bible*. It is not the religion, but the *practitioners* of that religion that are judging and condemning Witches and our practices. Christianity actually leaves it up to us, and not ALL of the Christians are condemning us, some are trying to learn, so be fair, and tolerant.

You see I hate stereo-typing of any sort, and the really bad thing is I know I am guilty of it my self - it is human nature, I guess, to stereotype. It is very hard to step back and look at something from all views. But step back and look and learn and try to get the foundations

and the facts sorted out before we jump to conclusions, hard as it may be - it is something that we all need to try to do a little more!

The old saying - one bad apple does not spoil the whole bunch - is so very true!! Look - there are good and bad people, followers, practitioners in every aspect and religion and path in this life and honestly... I am glad there is! If there were not bad...I would never value the good, if there were not ugly, I could not truly appreciate the beauty, if there were not hate... just maybe love would not mean as much as it really does, or should.

The bottom line is that most people that judge and condemn, scream and shout accusations, or spew and print propaganda are the ones that are not educated! And they are most and all too often the ones that don't take the time to find out the *facts*, the foundations, the truth and to sort it all out before making their own assumptions...and you know what it does when you *assume* anything right! It makes an **ass** out of **u** and **me**!

What I am trying to convey is that Ignorance is just truly NOT bliss. It is all too often dangerous! Spirituality is a wondrous thing, and Christianity is to many a very spiritual religion. It is the Bible that is so riddled with misrepresentations of that religion. But the scary thing is, is that religion is now based it's foundations on that book, a book that is full of inaccuracies and contradictions?

Oh and by the way for any of those Christians that do read this book... the 10 Commandments... it does not say that 'Thou shalt have **NO OTHER GODS**' it says... 'Thou shalt have no other gods

BEFORE ME' so it looks to me like the bible is say that we can worship other gods, just that we are not to place them before the Christian God, the Father of Jesus? Think about it.

For a religion that actually incorporated so many pagan ways and days and such into it to get the pagans of old to convert it sure is a judgmental religion if we see it only from the perspective of the Bible. And this gracious Bible is what has taught so many Christians to be judgmental. It really is sad because I think that once you get past the inaccuracies and the contradictions that at a basic level Christianity is a beautiful path.

Voodoo

Ok, here we go again, the dark and the mysterious - Voodoo! You know it seems we *always* fear what we do not understand and as I have said before it seems that most often instead of *trying* to understand something we fear we just keep on fearing it! And what is worse, we, as humans often tend to degrade bad mouth, and even spread lies and propaganda about the people and things we FEAR! I already said this in the Satanism section, but it is worth repeating!

Ok, I am not a practicing Vodun Priestess or queen so I by far, I do not have all the answers. But what this section is for is to provide a little information to show what it is and what it is not

For starters it appears that there are basically two types of Voodoo one being the actual Religion of Vodun which is as I said a *religion*,

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and then you have Voodoo, which is more of the self serving, with all the bizarre rituals and even the voodoo dolls!

It kind of reminds me of Witchcraft. You have a part of the Craft that is earthy and truly spiritual, and then you have the side of the Craft that is the invention of Hollywood. Then you have the uneducated bozo that gets a hold an idea that is Hollywood and you have the evil spells and human sacrifices going on which is just a bunch of CRAP not CRAFT that the general public believes because they seen in on the big screen? Makes me question if this other part of Voodoo actually exist either.

Well seems to me that just like real Witchcraft, there is real Voodoo but it is called Vodun! And it is beautiful and a spiritual path for many. And then you have the Voodoo that Hollywood and the again uneducated bozo got a hold of that has the voodoo dolls and the zombies. Oh yeah, the zombies, it has been proven that it was only tetrodotoxins that were taken from the blowfish, that when inhaled or ingested created a near death state due to the poisons.

It seems that Vodun as a religion or at least a form of spirituality blended with ancient magic that was spread around the world and brought to the USA when those from Africa and near by areas were stolen and sold into slavery. The Slaves brought their Vodun religion with them. And many of them paid dearly for the practice of this religion. With their very lives. So you see, EVERY religion has had it's form of discrimination, and it type of 'burning times'.

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It also seems that Vodun's roots may go back as far as 6,000 years in Africa.

What I am trying to convey here is that Vodun is a beautiful, and private form of religion, not some zombie creating, voodoo doll controlling form of magic. However there is the darkness that does deal with the manipulating voodoo dolls and more, but whatever aspect it actually plays in of Vodun is most likely one of balance.

Vodun is something that I myself hope to find time to learn more about in the future it is a fascinating path.

If you fear it...ask questions about it...don't accept it blindly, and fear it for reasons that may not even be valid.

Native American Religions

Why in the world would I put information about Native American Religions in a Witchcraft book? Well the fact is, plain and simple the Native American Religions or Paths play a big part in many Witches lives today. And again, as I have said in many places through this book...balance is most important. To achieve balance one needs to *learn*, learn and keep on learning of all paths, religions, occult matters, and even math and sciences if you get the chance or feel the urge, learn!

I have to also state that it seems that many Pagans and Wiccans have incorporated many aspects of the Native American Religions into their own eclectic paths. You see the biggest similarities of

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Traditional Witchcraft and the Native American Spiritual paths is that they both revere nature, but within Wicca you can find a drumming circle in almost every pagan or new age venue.

So, let's talk about the simply beautiful religion of the Native Americans.

First, I do hope that whether you are American or from any other country on this beautiful planet that you know your history enough to know that the fact is the Native Americans are the actual only true Natives of American, making them honestly the true Americans. Don't get me wrong, I am an American, and most of the time I am so extremely Proud to be an American but as far as the first true people of the continent know as America, only the Indians were born of this land in the beginnings. The rest of us are the interlopers here. However that is in the past. Why do I bring it up?

Witches and innocents alike suffered the Burning Times, horrible as it ways, and in some ways, still is. The Jews suffered persecution by Hitler, so many were tortured and murdered. The Blacks suffered years upon years of slavery, and were forced to live a certain way, with out their customs and beliefs. The Blacks had to hide their religion and customs, and pass a lot on by word of mouth, just as Witches had to, and just as the Native Americans had too.

What I want you to start seeing is that NO Religion, faith, path, or personal belief has gone with out persecution, or without it's own hardships, not one single religion! I am telling you, if we all don't start opening our eyes, and learning from the mistakes of the past, this

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world is NEVER going to be a peace filled place to live, for our children to live upon and our grandchildren. Tolerance starts with each individual, and it starts with education and understanding, and that is the bottom line.

Yes, the Native Americans lost much, they lost their land, their way of living, and they nearly lost their customs and religion. And I feel very strongly about that but I also feel strongly that Blacks should never have been in-slaved, and that Jews should never have been tortured and murdered, or that so many other religions should not have been discriminated against but guess what? We can not go back and change the past so we can only learn from it and hope to not make the same mistakes again.

Ok now that I have ranted a little lets talk about the beauty of the Native American Religion, one that is to me, in many ways very similar to that of the modern religion of Wicca, and other pagan, earth or nature paths.

You see the Native Americans knew, and many still know today, how to live in peace with this magical earth we have been granted. They understand the need for balance.

The Medicine Wheel, Sacred Space

Do you realize that many of the Native Americans of today and of the past practice some religious matters with in a circle? Sound

familiar? Yeah, many Witches and Wiccans practice many religious and magical matters with in a circle!

The circle has always been mystical, revered and important. It is never ending, no beginning, and no ending, just as religion should be don't you think? The circle that many Native Americans utilize is called a Medicine Wheel.

The Medicine Wheel is a sacred and purified space at which rituals, magical work, and other ceremonies are conducted. It usually marks a "power place", a place where beneficial energies are present in unusually high quantities, and it serves as a doorway through which communication with the Honored Spirits is amplified. The Wheel is symbolic of wholeness and unity. And today the Medicine Wheel is becoming more and more popular for those that are not even of Native American faiths.

Anyway, before someone begins to perform any ritual, magical rituals, work or any type of ceremony involving the Wheel, the space should be consecrated, cleansed, and most often offerings should be given at the altar which is located in the center.

Usually the actual "Wheel" is a circle of stones with the north, south, east and west being marked by larger stones. There is, in most cases, an altar or if it is a small wheel then an altar stone of sorts is placed at the center and four lines of stone connect the center with the cardinal points. However there are some Native Americans or practitioners of the Native American Religion that have a center stone

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and it is the place of or representation of a place for the Creator, and they place the altar, most often just a flat stone, outside of the wheel.

You have to realize that beliefs vary from tribe to tribe and from Indian Nation to Nation so do the Wheels and their construction, and their meanings. So among some tribes a certain number of stones would be required or used where as in a different tribe a different number could be used.

The Cherokee Wheel does not require a certain number of stones, but it is recommended that the sacred numbers four and seven be kept in mind.

There are 36 stones in most Wheels. When consecrating the Wheel and when giving offerings the seven sacred directions should be recognized along with all those who are said to reside there. One should start with the four sacred directions Those seven directions are as follows:

East, North, West, South, Above, Within and Below

And even this is only one practitioners way of doing things every practitioner has his or her own special way and meanings that they tend to developed over time.

In ceremonies and rituals tools are often used, just as with the religion of Wicca, the tools must be cleaned and consecrated.

The tools used may include a wand, crystal or other stones and talismans, sacred herbs, feathers, musical instruments, water, fire, earth (stones may be used for this), cords, beads, a pot or bowl usually

clay or wood, and other items. Now, do these items not seem VERY similar if not just like those used in Witchcraft and in Wicca?

Just like the Wiccan circle, or the magic circle, which is supposed to be not a circle at all but an actual sphere. That is part *in* the earth and part *out* of the earth and where they meet at the surface of the earth is where the actual circle is. This belief is also with the medicine wheel. It is the space and it is 3D.

The Stones and the Meanings

Most wheels have Mineral properties for each direction. Some people put the rock, mineral or gemstone that represents the sacred direction (correspondences). And others gather stones for a while, over time, until they find the ones that *feel* right for their personal wheel.

If you want to build your own wheel a good way to find the stones for your sacred space is to search for them on walks, or when you take a hike. If you are in an area that is mainly city and there are no place for hiking then when you go on vacations, or business trips, when ever you visit new places, look for stones that *feel* right to you.

Many feel that stones will ‘talk to you’ so you just have to ‘listen’ to find which ones are right.

As for the meanings of the stones and the placement each place in the wheel has an animal, a plant, a mineral and a color for each of the 36 stones.

What do the Lines Represent

Since the Medicine Wheel is actually symbolic of life. It begins in the East, where the sunrises, newness, beginning, birth. Then it moves on to the South where the sun is at the peak of its journey through the sky, youth, vitality, young adulthood, heat. Then it moves to the West where the sunsets, knowledge, the elder stage of life, fall. Lastly it comes to the North, the end of a full life, a cycle a time of rest it is also a representation of spring, summer, fall and winter and also a representation of balance. Through the wheel, one can find a balance between the Spiritual, the Mental, Emotional, and the Physical parts of SELF.

Each Direction also has an Animal that acts as a kind of representative for the qualities present in that direction. What you have to remember is that each Nation or tribe has different interpretations of the Wheel and no two Nations are exactly the same.

The Circle is a perfect symbol of Creation and All Things in it. It has an endless center, and in it self, it is a part of something that is also endless.

Now, I also want you to know that the above information is from today, I can not say with out a doubt, if the Medicine wheel is ancient or not. That is for you to decide. What I can say is that nature is an extremely important and revered part of the Native American paths. The Indian understands that nature and life and all within it has spirit,

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has a life form and a value in the circle of life and they cherish it and respect it, as we all should. The true Native Americans discovered balance long before the white man ever discovered America.

Whenever in the course of a day, the Indian comes upon a scene that is strikingly beautiful, or sublime...a black thundercloud with the rainbow's glowing arch above the mountain, a white waterfall in the heart of a green gorge, a vast prairie tinged with the blood red of the sunset...he pauses for an instant in the attitude of worship. He sees no need for setting apart one day in seven as a holy day, because to him all days are God's days...Chief Ohiyesa...Santee Sioux.

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Personal Thoughts and Notes

Chapter 35

Understanding the Balance



Tolerance

Tolerance is something I have addressed all though this book. I can not stress enough how important it is to try to be understandable and tolerant to others beliefs, and choices. We all have the right to make our own choices form our own opinions about anything and everything, well... with or with out proper education we have the right to form opinions.

The thing is if you can not step back and talk a look at what someone else's beliefs are and honestly look at them and see where they might be coming from. Then how in the world do you think that they will try to be tolerant and understanding enough to think about where you are coming from!

I am the founder for Pagan's for Peace and Tolerance Alliance and though small we are trying to promote... you guessed it peace and tolerance... mainly though education! But here is the advice I offer to pagans on Religious Tolerance.

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The many religions that fall under the title of paganism are all, each and every one, very beautiful and spiritually rewarding religions on many planes and levels. Many of them do not have the paper documentation that the Christian religion Or Jewish religion has, due to many artifacts of specific religions either being destroyed or lost over time. This does not make any religion any less spiritual or important. Religion is something that comes from within. It may be taught - but true religion is merely a form of real spirituality, and it is learned by the soul, body and the spirit and does not need the artifacts and documentation to make it any more or less a religion. Matter of fact it need not even carry a title or label to be ***true spirituality***.

Yes it is a known fact proved through the centuries that many Christians, no matter how well meaning, have tried to convert Pagans, those that are Witches and Wiccans, but also Native Americans, and Asian type religious paths or those that are atheist as well, to the Christian way of life.

It is also a well-known and documented fact that the followers of Christianity have done some pretty horrible things in the past against pagan religions and even among their own followers.

For example the Witch-Craze or Burning Times where Witches and non-Witches a like were tortured and condemned to horrible deaths. Another example is how the Christians tried so hard to make the Native Americans beliefs from them, forced them to speak the language and dress different and tried to not allow them to follow their faith in any way.

Please remember that the horrible things documented in history are just that - **history**. We can not change the past! So let go of prejudices and hates based on things that you can no longer change! And remember that it was not the *RELIGION* that did the horrible things, it was mislead fanatic followers. Don't discriminate against a beautiful religion due to some of its miss-guided followers!

Please open your eyes and hearts to tolerance and peace. So very often there is reverse discrimination against Christians because of the fact that they feel compelled to convert, or save pagans.

Reverse discrimination is being angry and frustrated with the Christian religion because it's followers push or don't understand and then condemn pagan religions. Please stop and remember that often it is not the 'RELIGION' that is doing the judging or condemning, but the actually practitioner of that religion due to lack of understanding or miss-interpretations. So don't discriminate against a perfectly beautiful religion due to the influence of the followers of that religion.

Christianity could be a religion for ANY one to practice, however it is by choice that NOT everyone practices it. So practice your own beliefs with beauty and peace and ... lead by **example**!

If you are secure in your religious path then there will be no need to be defensive when you are pushed you can be tolerant and peaceful instead!

So, my advise to pagans of all pagan paths, Native American, Witchcraft, Buddhism, Wicca, Taoism, and all other paths remember to not discriminate against another path be it Christian or another just

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because it is not the religion you have chosen or it's followers do not understand. Ignorance is not bliss...education and understanding is!

Sad to say that even if we are willing to try to help others understand our own paths, more often then not they are unwilling to try to learn or to understand. There will come a time that you just stop trying to show them the beauty... you know it and you feel it, and it is sad that others can not, but we can not save the world. We can only lead by example and do what we have to do.

Balance

Another thing that you might want to keep in mind when you are trying to discover tolerance within your own self is balance. When you find your own personal balance between the dark and the light, the good and the bad, the angel and the beast that is when you find the a different level of self.

Please remember that just because something is dark, it does not mean it is evil, I have covered this before. But the fact is that each human on this earth, be they Priest or pauper has a light and dark side. True some folks dark side may be a lighter shade of dark... but it is there none the less. We all have the ability to do good or to harm others. And this whole book has had a special emphasis on bringing to light that balance within ones own self and life is important. As I said... no one is all good or bad.

Tolerance and my advice to Teenagers

Ok, so you are a Teenager and you are interested in, or are all ready practicing some form of Paganism i.e. Wicca or Witchcraft or heck you think you might even be a Vampire let's talk a moment ok.

For starters - it was not really that long ago that I was a teenager myself, so don't think that I don't understand and chance are your parents would understand too if you could really talk to them. Yeah, some things change, styles of clothes, how you wear your hair, music and what is cool or not. But what never changes is the fact that being a teenager is some of the BEST years you will ever experience and the fact is they will also be some of the WORSE years you ever experience.

You are at a point where you are growing physically into an adult body, you may even be responsible and have a job, drive a car and even pay bills? BUT you are also at the stage where your parents most often still see you as a child or say, you are just not old enough for this or that. You may even have a curfew! OH my!

Well, let me tell you that parents set curfews and lay down laws for several reasons...the main one is...not because they can...it is because they love you, truly care and worry about you, and want to protect you and keep you safe...not keep you chained, or hold you back...but because they want you to become the best YOU that you can be...

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And hey...IF you are mature enough and responsible enough... you'll follow the rules, listen to and heed the laws...get home by your curfew, or be **honest** and call if you are going to be late... face it... TRUST is something you have to EARN...and if you earn the trust of your parents, and the respect then you are truly becoming an adult... and more then likely will be granted more freedom, because that is something that trust often earns.

But if you lie, and keep secrets...well...let's just say that you are hurting yourself...and your parents...in the long run.

NOW... let's talk about your beliefs...

So, you want to be or are a practicing Witch or Wiccan, or what ever... Let me ask you...do you really believe in the path you have chosen? Are you sure and strong in your beliefs? Do you TRULY feel that it is the RIGHT path for you? Does it feel good to your Soul, and to your Spirit? Do you believe in it...and all that that path stands for? DO YOU?

Ok...Do you feel like a more complete person on this path you have chosen? Do you feel stronger, and more independent, and sure of yourself on this path?

Ok, if you answered YES to most of those questions...then answer this one...DO you believe and feel strongly enough and secure enough in your chosen path to stand up for what you believe in? Yes...ok.

Then do it! Stand up for what you believe it...but do it in an educated and mature and honest way.

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Ok...so you just don't feel like your parents will ACCEPT that you are a witch or want to be a Wiccan... then LIVE that life. And honey let me tell you that wearing a pent and black clothes is not what makes you a witch if that is what you think...then honestly, you need to...grow up!

But what I mean is...if you believe in your chosen path...live it, practice it, breath it, and lead by example.

You wanna know what? I am honestly a better Christian now that I have embraced my light and dark side then I was when I was a practicing Christian...do you understand? I mean that I am more honest with myself, and in touch with myself, and with my soul, and spirit, and my Creator then I ever was when I was dressing up and going to church!

No, I am not a Christian...it is not my chosen path...but I am a better person NOW for the path that I do walk, live, eat and breath.

If you are a Witch, you don't have to shout it from the roof tops...you can if you want, but there is still a WHOLE lot of ignorance and intolerance out there... So be smart.

Also please remember that just because this path is right to you, it feels 'SOUL' right to you...it does not mean that it is right for the next person. And you should never try to push your OWN views and opinions on someone else...we all have the SAME right to think and believe what we want ok.

A lot of Christians are really great people they just don't stop to think sometimes...

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Listen...Religion is something that comes from within. It may be taught - but true religion is learned by the soul, body and the spirit and does not need the artifacts and documentation to make it any more or less a religion. You also do not need someone else to tell you what you feel is wrong or right...only you can figure that out...

What you also need to figure out and realize is that many Christians have been taught from a very early age that it is a *good* thing to help someone *find* Christianity...to *save* someone. And they don't often realize that they are *pushing or forcing* their own views on someone... because they really do think they are doing something *good* ...and for the *right* reasons...

That is true about *many* Christians...and *many* Good Christians will listen to you...if you try to *share* and explain...and *not* force your own ways on them...there is not **WRONG or RIGHT** way when it comes to a religion, or chosen path ok...

But there is a *wrong or right* way to go about sharing or discussing your own beliefs... If you do it with the best of intentions, and try to honestly consider the other persons own beliefs and where they are coming from... then maybe just maybe they will try to do the same for you.

Just remember that rebelling and ranting and raving don't solve anything...you will ALWAYS catch more flies with honey than you ever will with vinegar!

It is never easy to face all the realities of growing up...especially alone...so remember that your mom or dad, or guardian most likely

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loves you very deeply...and if you will just try, honestly try to talk to them about your feelings and beliefs and the why's of it all...then they just may try to understand, and even accept. And hey, if they don't...you tried, you honestly tried!!! So what you have to do from there is make a choice... to practice your religion openly or to practice it within yourself.

If you are in a bad place and just need someone to talk too...email me...I am not a psychologist...but I do listen very well☺
Shadows@shadowsofawitch.com remember honesty is very important to me because I know of those bad places, so I can listen, and I can share.

Advice to Parents or Parents to Be

Ok, Witchcraft or any form of Paganism and children...what to do? Well to me, this is a *very important* subject...since I am a mother, and as such I hold within my hands the ability to teach good, or bad, tolerance or hate, understanding or ignorance...it is up to me, as one of the main influence in my child's life during the early and teen years ...the MOST impressionable years, the most tender years... and even the most confusing years... it is up to me to do, show, explain and teach my child to the very best of my ability...right? RIGHT!

And do you understand...that what a child sees, what they witness, they

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learn. Because with out a doubt...actions do and always will speak louder then words...so heed your actions...and mark your words!

I created this section because I personally feel that this is a most important subject for so many parents to be, and already parents out there. As a parent I will not tell you what and what to do or not to do... Each situation and each child and family unit is different. But I will share with you my own opinions here.

There is already too much **intolerance** and too much flat out ignorance in this world we live in today. How do we change that? WE do it with our own ACTIONS and by teaching *balance*, and being accepting.

I am a Witch, no doubt about it, so I will with out a doubt, teach my child about things that I personally believe in, about nature, and phases of the moon, and how important each and every plant and animal and even bug is. I will teach my child to honor and respect me, because I am honorable and respectful of myself, others, and above all to my child. I will teach my child the ways of the Witch...but I will teach my child even more...

You see, I will teach my child of Wicca as well, beautiful religion, even though it is not wholly my own path. I will also teach my child Christianity, even take my child to church to learn the Christian way. If my child ask me about Satanism we will discuss it when my child is old enough, if my child ask me of it. Tolerance is taught just as much

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as the ABC's or how to count, or what a prayer is... tolerance is something that is taught through actions.

Do you see what I am trying to do? I am trying to teach my child several ways, several paths or religions. WHY you ask? For understanding, for knowledge. If my child only knows one way...then my child only has one choice to make... but IF my child is educated on many ways...and understands other paths...then...THEN my child has a chance to truly make a CHOICE, an educated choice on what path to take. It will not be because I forced my way upon my child, or another way...it will be a choice my child will be educated and free to make. NOT my choice.

I am not telling you what to do or not to do...the only thing I will recommend is that you...remember that actions speak louder than words...and that you should lead by example...but please, stop and truly evaluate the example you may be setting.

And remember that you have to trust your guidance and teachings that you impart upon your child to make him or her responsible, and understanding enough to make the RIGHT decision for them as individuals. Maybe you should... in the end...let your child make the decision on what religion or path he or she wishes to follow.

Now...that is just my own opinion...and you know how opinions are...

Religion in Schools

Ok folks I don't know about in other countries, but up until not so long ago religion was always in the schools. Or rather Christianity was always in the schools. Now, I have seen folks get fighting mad over the fact that their child is being taught to say the Pledge of Allegiance and it has the phrase in it, "one nation under GOD". Folks let me ask you this... just why does that phrase offend so badly? It does not say WHOSE GOD! So who is to say it is not one nation under your own specific God, or belief system. Or how come you can not be personally TOLERANT enough to simply see it or interpret it as one of your OWN God's. Or heck, if you are more spiritual and not religious I can see where this may rub the wrong way a tiny bit, but in a way even if you were atheist and you don't believe in anything then why would it matter if others claim our nation is under God? If you don't believe in religion, and are more of a spiritual person and nature is more of what you worship, why can't GOD simply be another name or a euphemism for Mother Nature? God is not defined in any specific manner within in the pledge of allegiance... so why in the world do people get so fired up over it?

Why does prayer in school seem to make non-Christians so upset? I mean they are no longer praying out loud, so it is essentially a time of quiet reflection. I mean hey if there are Christian Children in the class then they can pray, if there are pagan children in the class they could reflect, meditate or even pray too! If there are atheist children in

the room then they can quietly think about what they want for lunch or their favorite toy or music group! But why do people get so mad... and so intolerant?

Religious discrimination is what I hear cried; well honestly it is only if it is taken as such. I mean hey, when I go to a funeral do you think that I am offended because they want us all to bow our heads and pray? No... I take that time to pray to my own Gods and say my own words, no matter if the person that passed was Christian or not.

Look there is already so much blasted intolerance in this world, how in the world can you spread and pray for tolerance if you can not find it in your own heart! And besides the fact that yes, this is all my own personal opinion, I think that it is a valuable lesson for Pagan children to have a general understanding of Christianity it can only help them in their own eventual tolerance!

Yes it is up to each individual, and yes I do think that personal religious freedom is most important, and NO I don't think that others views or ways should be forced on our children, but I also think that open minds and open hearts is what will lead us to a beautiful and tolerant world, some day. I stand up for what I believe in. But I can also make the best out of a bad situation.

My own child just started pre-school, and I put my child in a pre-school that is part of a church. I did this because it was the best facility after searching nearly every one in our town, it was the best one, safest, cleanest, nicest, and the one that I got a good feeling about when I entered the place. I did not balk at the fact that this pre-school

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is part of a church, I saw it as a learning opportunity for my child. A safe environment, not because of the church, but because of the facility and those who run it, which most do not even attend that church. Anyway they have chapel once a week, where they go and pray or learn things about Christianity, non-denominational. And I think that is just fine! He learns from me about the beauty of nature, and the phases of the moon, and he sees me cleans our home and bless my candles. My child is learning balance because I am balanced. My child is learning tolerance because I am tolerant. I guess sometimes we just need to step back and think are we truly being tolerant or are we being prejudice in a different way against other religions?

I am not telling you what to believe or not to believe I am simply trying to show you from my own beliefs a different way of seeing the same thing.

And by the way if your child is religiously discriminated against in school check out **WARD, Witches Against Religious Discrimination** at <http://www.ward-hq.org>

Finding a Teacher

I think that there is much you can learn about the craft from a teacher, but I don't think to learn the craft you have to have a teacher, at least not in the form of a human. You see there is much that you can learn from nature. And if you use discretion when viewing the many books out there on Wicca and Witchcraft you can learn much

from those books as well. But if you seek the answers within your own self, and ask for those answers from deity or from nature you will learn much more then books can teach you in a different fashion.

However it is also a wonderful thing to have someone actually show you and teach you. My advice when seeking out a teacher, if you can not find one right away do not become discouraged, there is a time and place for everything, maybe it is just not yet your time to discover that teacher! However when you do find a teacher, please remember that no one knows it all, and if you have found someone that claims to know it all, then I doubt you want that person as your teacher, I know I would not. It is impossible to know all there is to know about witchcraft or Wicca in one lifetime. My own knowledge spans lifetimes and I still do not know it all, and am sometime overwhelmed at what I still do not know! So if you tip one, if you find a teacher make sure that teacher is kind and understanding and human, and admits that they do not know it all!

Tip two, make sure your teacher is not someone that can not bend or learn from you as well! My personal belief is that many things can be done in many ways to acquire the same end result!

Tip three, remember to review the chapter on **Be Safe Be WELL** when you are seeking out a teacher!

Tip four, respect yourself, and believe in yourself, and make sure your teachers does too!

Teaching

When it comes to teaching Witchcraft and or Wicca you have to understand a few things.

- ❖ One, never teach as if your way is the only way, because honestly there are many ways to achieve the same outcome.
- ❖ Two, never act as though you are the one that knows it all and can teach it all, cause honey NONE of us know it all, none of us.
- ❖ When you teach make sure you do so in a humble and loving manner because sharing knowledge is a gift for you and the student if you allow it to be.
- ❖ Be thorough when teaching, yeah I know lot's of folks spout things about secrets and that is fine, but if you are going to teach you need to share those secrets or you could be guiding your student in the wrong direction with only half truths and information.
- ❖ Remember that as a teacher you are more accurately a guide. You provide the student with information and you guide them, but in the end they have to make up their own minds, and find what truly works best for them.
- ❖ To charge or not to charge for teaching. Well that will be up to each individual teacher, but I honestly don't see anything wrong with charging for teaching, I mean even public

education provided by the government is not free, there are books to be paid for and supplies, and time and salary of the teachers. I don't think that if you decide to charge that you should charge so much that a student that truly wishes to learn can not financially afford to, that to me is unethical. And I don't think that money is always the only form of payment. As in days of old fruits and vegetables are wonderful, as well as someone cutting your grass or helping you around the house. There are many different forms of payment, if you decide to charge.

- ❖ Never forget that you were once a beginner as well. So teach with patience and understanding, and always be honest with your students.

The Broom Closet

The Broom Closet is the term used for those Witches that have not yet revealed that they are practicing witches to the general public. You see it is a euphemism for hiding one's religion or path, in a way.

The decision to reveal that you are a practicing witch of either Witchcraft or the religion of Wicca is not a decision to make or take lightly. You see there is still a whole lot of intolerance out there. There are so many people that will judge you and condemn you before you even have a chance to share the beauty of your chosen path with them. But there is a growing number of folks that are trying

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to understand and to be tolerant. Not to mention the actual number of pagans is a number that is growing day by day. You would be surprised to find that there are many, many Wiccans, Witches and Pagans in your own area that just have not come out of the Broom Closet yet. I myself am only quietly out of the closet meaning that not everyone knows, but if someone ask me then I will say I am what I am, and yes I am proud of it. I just truly do not like the term Witch because there is so much negative connotation tied to it.

The thing is that it is a choice that only you can make, but I do recommend that you weigh your decision before you wholly come out of the Broom Closet. Because once you are out you have a new level of tolerance and ignorance you have to deal with, but you also have a new level of freedom and greater spirituality as well.

The bottom line is that we should never have to hide our beliefs or sugar coat them just to make some one else comfortable. So your decision is wholly up to you. I do recommend that if you do come out of the Broom Closet that you gently step out of it that you don't jump out and flaunt it. Flaunting often makes others feel as if you are claiming that your way is the better way, which is not the case in point, but could be seen that way. And that would put others on the defensive and it could make it more difficult on you to try to share with them the beauty and deep spirituality of your path if you wish to share it with them.

The thing is, personally I don't feel like I have to justify to ANYONE what my chosen path is, nor do I feel a need to label it and

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package it and put it out there so that others feel comfortable or not with it. What truly matters is that I live my path, and that I am comfortable with it and that it is a part of me. I mean that I truly eat, breath, sleep and am my path. That fact is that my spirituality touches every aspect of my life from my work to my play to my worship. And there is no label that can incorporate the entirety of my spirituality.

When I am driving down the road and I see a dead animal, I whisper a prayer for the spirit of the animal to be safe and well. If I am sitting on my front porch and I hear a an ambulance pass by I again whisper a little prayer that who ever they are going to take care will be safe and well. If I hear a fire truck passing I pray for those fire fighters to be safe while putting out the fire and that whom ever they have gone to help will be safe as well.

If I pass a funeral procession with the hearse and all I pray for that the spirit that has passed over has help that they are not there alone to face being on the other side. I also pray for those that are left behind, the ones that mourn the death of a loved one that the will find peace and be well.

When I make a pot of tea I add my own little bit of magic to it every time. When fill up my beautiful Cheyenne's water bowl every time I add my own magic to it that she will be safe and well.

And now that my most precious child has just started pre-school I also shield his preschool and pray for him and all the children with in to be safe and protected. There are just so many ways that spirituality are a part of my everyday life, from cooking to cleaning to watching

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my little one play to making sure his daddy is safe too until he gets home. Magic and spirituality are a way of life, not something to be labeled and definitely not something that I should have to defend.

Please understand that these are my opinions, my way, it does not mean that it is the only way or even the right way for you. But I do hope it helps😊.

Chapter 36

Miscellaneous



Ok, this section will hold some things that just don't seem to fit in other places. Such as a few poems and spells and other little tid bits. About how you can help protect our environment by using safer and less toxic products to clean your home with and take care of yourself with.

Our Planet, Your Health and Safer Products

We only have one planet and you only have one body. I personally believe as a human and as a witch that it is my duty and obligation to take care of this planet the best ways I personally know how to or can do. I was also blessed with only one body, so I know that I have to take care of it as well.

How can one single person make a difference in the health of our most precious earth? Well there are actually many ways to help preserve the earth. And to take care of the only body you are going to get in this lifetime as well.

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- ❖ Learn to recycle. Plastic, glass, cardboard and aluminum cans. There is so much you can recycle. The bottles you drink your soda or water out of or the cans you drink your beer or soda from and the glass that your mayonnaise comes in or jelly, or liquor can all be recycled! The card board box that your microwave dinner is in, or that your twelve pack came in, the cardboard tube that your toilet paper is wrapped around or that paper towels are on.
- ❖ Oh, and instead of using so many paper towels and napkins you can use hand towels and such.
- ❖ Don't use paper plates unless you have too. Use the ones you can wash and clean and use again. Waste not, want not!
- ❖ Turn the water off when you are brushing your teeth!
- ❖ Don't litter, when you are walking some place or driving down the road, don't throw your trash out on the ground!
- ❖ Use safer cleaning products. There are so many products that are legally being sold that are so dangerous to our planet and actually to us as well!
- ❖ Use safer personal care products as well. Things like your shampoo, and hairspray, and toothpaste. Your make up and soap or body wash.

DID YOU KNOW?

- ❖ Did you know that there are more than 3 million poisonings every year and that household cleaners are the number ONE cause of poisonings in children?
- ❖ Did you know that according to the National Safety Council that “More children under the age of four die from accidental poisonings at home then are accidentally killed with guns at home”!
- ❖ Did you know that there is a company out there that produces Eco-sensitive products! That are not only safer for your planet but for our loved ones as well?
- ❖ Did you know that after a 15year study the National Cancer Association found that 54% of women who stay at home are at a higher risk of developing cancer than women who work outside the home develop?
- ❖ Did you know that manufacturers ***ARE NOT REQUIRED*** to list the exact ingredients on a label?
- ❖ Did you know that chemical names are often disguised by using “trade names”, so you may not recognize the chemical for what they truly are?
- ❖ Did you know that women’s fertility has also been negatively affected by the increase use of chemicals and that in 1934 only 21 cases of endometriosis existed in the entire world yet today

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over 5 million women have this condition, which causes infertility in the US alone?

- ❖ Did you know that since 1980 asthma has increased by 600%? And that common household cleaners and cosmetics have been identified as triggers of asthma attacks?
- ❖ Did you know there is NO TESTING of personal care products in the United States!

Look I did not place this in here to scare you, I put it here to help open your eyes, and so that you would know that it is important to use safer cleaning and personal care products for yourself and for our planet.

Yes I actually purchase my own cleaning and personal care products from a wellness company that I researched and checked out months before I actually decided to go with them. But there are a few, and handful of companies out there that are becoming more conscious about what they are selling and how it is effect this earth and the folks that live on it. I do not buy my cleaning products or personal care products from the grocery store.

If you want to know more about the place I purchase my products from then please go to my web site <http://shadowsofawitch.com> and click on the “Our Earth” button and I will personally be glad to share with you the wellness company I utilize.

Make your own cleaning Products

Did you know that you can also make many of your own cleaning products if you have the time or inclination to do so. There is a whole lot of cleaning you can do with vinegar and baking soda and lemon juice!

Baking Soda

Baking soda is a mineral, made from soda ash, that actually has many cleaning attributes, just remember that it is slightly alkaline (it's pH is around 8.1 {where 7 is neutral}). It neutralizes acid-based odors in water, and is wonderful in adsorbing odors from the air and more.

Suggestions:

If you add up to a cup to your laundry it will eliminate perspiration odors and even neutralize the smell of many chemicals.

By placing some on a damp sponge or cloth, baking soda can be used as a nonabrasive cleanser that is gentle for kitchen counter tops, ovens, sinks, bathtubs, and even fiberglass.

It is a natural air freshener, and carpet deodorizer.

White Vinegar and Lemon Juice

White vinegar and lemon juice are acidic and both of them will not only neutralize alkaline substances such as stuff found in hard water but they also help safely and naturally clean away and dissolve nasty, gummy buildup, and remove dirt from wood surfaces.

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NOTE: be careful because either of them can also eat away tarnishes.

Suggestions:

Great for cleaning windows, and mirrors and similar surfaces.

This section will grow as I have time to research and add to it!!!
Check back often.

The bottom line is that there are safer ways to clean and to take care of yourself and this planet. I mean hey, our Great Grandparents did not need all the chemicals and carp to keep their homes clean or their bodies clean right!

You are worth it and so is our planet!

Appendices



*the following section contains a lot of general
information, please don't discount it just because it
is in the back of the book! There are a lot of
valuable correspondences and such back here!*

Glossary of Terms

Commonly used in Witchcraft and the Religion of Wicca.

The following terms are not all used within this book, but are terms that I personally feel important for those new and old alike to Witchcraft and or Wicca to have a general understanding of. The following are loosely my own interpretations of the meanings of those words along with some general beliefs by pagans on the meanings of those words.

ADEPT: An adept is an individual that through much serious study and practice is considered fairly proficient in a particular practice, be it magic or religion. Within the religion of Wicca those that have been studying for a year and a day and have then been initiated are often considered to be an adept instead of a novice. But then I personally believe that being an adept, meaning that we are proficient in our path is something that is kind of a conundrum since no matter how proficient we become there is still more to learn that we are not yet proficient at. So my question is, are we ever truly an adept?

AKASHA- the spiritual ether; the omnipresent fifth occult element which embraces the other four- earth, air, fire, and water; and from which they stem. This is the realm of “pattern” or causality, from which the realm the normally thought of “five senses manifests. Some

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define it is the “other” of the “two worlds” that the witch or magician walks between.

AKASHIC RECORDS: There is said to be a place on the astral plane where records are kept, these records are on each individual that has ever lived or ever will live. These otherworld records are said to hold the answers to all things past present and future.

ALTAR: An altar is a surface, most often flat, that you use to place your ritual items upon. This table or surface is most often within your ritual space. It is located where you wish to perform magic or spiritual ritual or things such as healing. An altar can be a table, the ground, a tree stump, or a cardboard box that has been covered with an altar cloth. The point is an altar is a surface that is used to hold your sacred tools and necessities for magic and ritual. The altar is often a special space that is set aside especially for these purposes. Please know that you do not have to have an altar to perform either magic or ritual.

AMULET: An amulet is an object, often a pendent or such that has been charged for a specific reason such as protection. Things such as stones, feathers, bones, shells, natural metals can be used well as amulets.

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ANHK: The anhk is a cross with a loop at the top and it is Egyptian. It is thought to be the cross of life, but has nothing to do with the Christian cross.

ARADIA- Aradia is the daughter of the Goddess Diana. Aradia is also a name for the Goddess used by many Italian Witches or Strega.

AROMATHERAPY: Aromatherapy, think about it, it has the word aroma in it, so it has to deal with the scents and smells of things. Aromatherapy is a way to help with healing and with relaxation utilizing scents of oils, and incense and flowers and herbs and such in a manner that it fills the senses with the smells and special scents.

ASPECTING: This is not a popular term that I have discovered but I wanted to add it here to help anyway. It seems that Aspecting is any advanced magical activity in which a practitioner manifests a particular aspect of the Goddess or God, in thought, feelings, behavior, appearance, etc.; Often as a direct result of a “Drawing Down”. To be honest with you I believe it is when you actually invoke a Goddess or God and you connect with a specific aspect of the Goddess or God

ASPECTS: Well if you are going to be able aspecting I guess it helps to know what aspects are right? It appears that aspects are parts, or forms, facets, or personas of Deity or phase of a Deity. For example,

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Brigit, Iseult, and Eos, \are all aspects or representations of the Maiden, and the Maiden is an aspect of the Goddess. This is a wholly Wiccan concept.

ASTRAL BODY: The astral body is the spirit self, or the non physical essence of self that travels away from the physical body with or without knowledge. This body is connected to the physical body by a silver thread that can often be seen in astral form.

ASTRAL PLANE: The astral plane or world is a parallel world to our own physical world. It consist of several levels upper and lower and most of them can be reached by the accomplished astral traveler. However a few of the upper levels are not easily reached.

ASTRAL PROJECTION: Astral projection is the process of separating ones spirit from ones shell, or physical body.

ATHAME: The Athame is most often a black handled knife or dagger. Most often it is double edged and among many Wiccans the blade is not sharp but dull because it is never used to cut or pierce a surface. It is primarily used to cast and to dissolve the Wiccan sacred circle. It can be interchangeable with the magic sword.

BANE: Bane is the old-world term for bad. Meaning not good or not boding well or evil.

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BANISH: Banish is to get rid of, send away, or repel something such as evil, negativity, sickness, unwanted habits!

BALEFIRE: The balefire is still used by many covens for Sabbats. It is more or less a bon fire for Witches. Often there is or can be magical intent with the lighting of the fire, or it can simply be used to help witches build energy while dancing or moving around the fire.

BELL: The bell is a musical instrument or tool that is a symbol of the Goddess. The bell is often used by Wiccans to evoke the goddess and is also used to ward off evil.

BELTANE- Beltane is a true Celtic festival and has been incorporated in to Wicca as one of the Sabbats. It is the Wiccan Sabbat that is on May first. Beltane is one of the Ancient Celtic “Fire Festivals. In ancient times this festival was held for several days on our around May first.

BESOM: The besom is a broom, but it is considered to be a magical broom. NO, not because you can ride through the sky on it, but because it is used to symbolically sweep an area and it is thought to magically sweep away the negativity and other crap that is on this plane and of the astral as well. It is a tool.

BIND: To bind something or one is to magically restrain, confine, or hinder from something. Most often it is from causing harm either to oneself or to someone else. There are some Witches that due to the Rede will not do a binding. I believe there is a time and place for everything.

BOLINE: The Boline is a Wiccan tool. It is most often a white handled knife that is used for cutting. Since the Athame is a dull blade and can not be used for cutting the Wiccans often have a second knife, the boline. The boline is often used for cutting things such as cords, herbs, flowers, and such. It can also be used to carve wax and wood. It is a tool.

BOOK OF SHADOWS: The Book of Shadows or BOS is a book that in more recent history was traditionally handwritten book of rituals, recipes, and training techniques, along with guide lines, and other materials deemed important to a Witch or a coven. It is often thought that only another Witch can or should see your BOS, but then some Witches also believe that no one else should view your BOS. Also, traditionally, it may never leave your hands or possession until death, when it should then either be passed down on to the next generation, returned to the coven or be destroyed.

BLOOD OF THE MOON: This phrase, Blood of the Moon, refers to the time when a menstruating female has her cycle during the full

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moon. In other words when a woman has her period during the full moon it is called Blood of the Moon, and is thought to be a powerful time for a woman that does have her period/menstrual cycle during the full moon.

BLUE MOON: A blue moon is when you have two full moons within one month. It is the second full moon of that month.

BURNING TIMES: The Burning Times is a term used by some Witches for the period of persecution in the Middle-Ages that is more accurately termed the **Witch-Craze**. The time in history that innocents were accused, tortured and persecuted of practicing heresy or Witchcraft

CANDLEMAS: Candlemas is a actually both a true Celtic Festival but also has been incorporated into Wicca as one of the Sabbats that is held on or near Feb. 1st. It is One of the 4 Celtic “Fire Festivals and is also called “Imbolc”. It is the festival commemorating the successful passing of winter and the beginning of the agricultural or planting year, the newness of spring. This Festival also marks the transition point of the threefold Goddess energies from those of Crone to Maiden within Wicca.

CARDINAL POINTS: The Cardinal Points are considered to be the areas of North, South, East, and West, represented in many Wiccan

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Tradition by candles the colors of green, red, yellow, and blue, respectively. The Circle is drawn to connect these four points.

CHALICE: The chalice is a goblet or glass. It is one of the tools of the Wiccan Witch. The chalice is often placed on the altar to represent the element of Water, or it could hold wine or juice. It is also often use in the symbolic great rite.

CHARGE OF THE GODDESS: A beautiful charge written by Doreen Valinette considered to be the Traditional words of the Goddess to her followers, or “hidden children”.

CHARKA: A Charka is one of nine energy centers where it appears that the body and the spirit of self most strongly connect. Most often associated with a specific area of the body and with a certain color.

CAULDRON: The Cauldron is most often a cast iron pot or kettle. It can be used for cooking or for burning items in. Now of days it is a Wiccan tool.

CIRCLE- A circle in Wicca is the magical space that is created upon a witch casting a circle. For the more Traditional Witch is often a physical circle drawn or created with things such as stones or trees or megaliths that is the space that the witch works within. This area is

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used for magical workings as well as ritual for worship, healing or spells and such.

CIRCLE: A Circle can also be a loose gathering of Witches or Wiccans. Kind of like a coven but a lot less formal. It is most often just for sharing ideas and a gathering for general lessons.

CONE OF POWER: The Cone of Power is actually an amount of energy that is raised in the circle by the one or many Witches. The cone is raised by many methods, most often by dance and music, drumming, and chanting are some of the ways that helps raise or more accurately create a cone or an amount of power/energy. This power or energy can be sent out into the world to work magic, and it is usually visualized as being retained and built in the form of a “cone” prior to release, kind of like a tornado of energy.

COVEN: A coven is a more formal group, an organized group of Witches. Within a coven you have Coven Hierarchy which is often led by a High priestess and sometimes the High Priest. A coven most often meets regularly for worship and fellowship. The traditional membership is 13, but in fact most covens number considerably less. 3 is considered to be the minimum.

COVENSTEAD: The Covenstead is the regular meeting place for a coven. Often the home or land of the High Priestess or High Priest.

CRAFT, THE: The Craft is another term commonly used to refer to Witchcraft or the practice of Witchcraft.

CROSS QUARTER DAYS: Cross quarter days is the modern term for the Celtic Fire Festivals of Samhain, Imbolc, Beltane, and Lammas. These days have been adopted into the Wiccan Religion, but are actually important ritual days to the actual Celtic religion, which is not the same as Celtic Wicca.

DEDICATION: Dedication is a solemn vow, commitment.

DEOSIL: Deosil means clockwise, or sun-wise. Traditional Wiccan direction for working building magic.

DRAWING DOWN THE MOON: Some folks refer to this as the ritual invocation of the spirit of the Goddess into the body of the High Priestess by the High Priest, others refer to it as actually drawing upon the energies of the moon.

DIVINATION: Divination is the magical method of discovering bits about the future, past or present situations via such methods as Tarot cards, Rune stones or pendulum, etc.

ELDER: The term Elder is actually a more Traditional Witchcraft term meant to denote someone that is of much wisdom, most often occult or Witchcraft wisdom and is worthy of respect. This term is not always associated with age.

ECLECTIC: a mixture of beliefs borrowed from various Traditions and Theologies.

ELEMENTS: When referring to the elements most pagans and witches are speaking of Earth, Air, Fire, and Water, and sometimes spirit or akasha.

ELEMENTAL: the elements given life and personified, sylph, undine, salmandar and gnomes.

ESBAT: Esbats are the time of full moon and dark moon often meeting times for witches to worship or perform magic.

EVOKE: To Evoke is to call up or upon a God, Goddess, Spirit or Demon to aid or assist the one doing the evoking with information, answers, or special knowledge. In the case of someone evoking the God, Spirit or Demon is not summoned to *enter* the one calling forth the spirit, it is done in a manner that the God, Goddess, Spirit or Demon is to appear before them, not within them.

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FAMILIARS: Are thought to be the pet of a Witch, well actually a familiar is way more then just a pet. A Familiar is a best friend in the form of an animal, a familiar is a protector and guide as well as a wonderful joy in the life of a witch.

FAIRY: Most often a fairy is believed to be a small creature that is human shaped with small gossamer wings that is sweet and kind and helpful. More accurately the term Fairy tends to be a generic term for all the beings such as gnomes, brownies, trolls and such. But since there are literally so many different classes and shapes and sizes of fairy I don't personally think that the term Fae or Fairy singularly covers the true essence of all the fae type folks such as gnomes, brownies, trolls and many more.

FIVEFOLD KISS, FIVEFOLD SALUTE: The fivefold kiss or salute is used by some Wiccans and Witches alike, but this is more of a coven situation. It is the Witches' ritual salute, with five kisses on each foot, each knee, above the pubic hair, on each breast, and on the lips- five areas but really 8 kisses in all.

FUR CHILD: A fur child refers to pets that are more like children of a Witch.

GARDNERIANS: Some would say that Garderians is the tradition of Witchcraft descended from the teachings of Gerald Gardner. And that

would in a sense be true, however since actually all of Wicca is from the baisses that Gerald Gardner formed then that would mean we would have to clarify Gardnerians a little more. The truth is that Gardnerians now of days are considered to be those that practice the more Traditional form of Wicca that Gerald Gardner created. These practitioners would be able to directly tie their initiation back to someone that was initiated by Gerald Gardner. But then again, that can't be the whole truth either since there are some few Wiccans that practice the Geardnerian form of Wicca that are solitary and have not been initiated. So to sum this up I guess I would have to say that Gardnerians are those that practice the laws and coven rules of more traditional Gardnerian Wicca.

GLYPH: Glyphs are symbols, most often astrological symbols, used to represent a sign of the Zodiac, a planet, aspect or asteroid.

GNOMES: Gnomes are in the class of Fairy beings and are considered to be short little beings that are of the earth. Gnomes are also supposed to be the elemental representation of earth.

GREAT RITE: The Great Rite is the culmination of the Goddess and God, it is considered to be a sex act or ritual. Most often signified in Wiccan ritual by plunging the Athame into the Chalice. It is also considered by some to be the rite that is the main feature of the third degree initiation, and which is also laid down for certain festivals.

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This rite can be either carried out by consenting adults or symbolic. Remember you should never have to perform sex acts within a coven if you do not wish to!

GREEN MAN: The Green Man is often another term for the God. This brings to mind fertility and the growth of plants and land, healthy growth.

GROUNDING: Grounding is the term used when you go through the process of clearing and releasing excess energy to focus back into the physical here and now, after magical or psychic work. It can be done when you feel as if you are flighty or scattered and need to earth yourself to find balance, or when you are scared or sick and need the essence of the very earth to help sooth and heal you. It is in a manner of speaking visualizing you becoming part of the earth, in actuality grounding yourself in the earth.

GUARDIANS: I have discovered that there is a being out there that is not quit an angel, but has never been a human that is a Guardian. It appears that we all have one Guardian, this is not the same as a Guardian angel for this being can be benevolent or harmful, not to the one it protects but to anyone that helps our would do harm to the one it protects. This term can also be use in the same manner as the WatchTowers, so witches will call the Guardians of the four corners instead of or along with the elements or elementals.

HANDBASTING- A Handfasting is the Wiccan equivalent of a wedding. If the one that performs the Handfasting is registered as a member of the clergy, or ordained it is a legal wedding. Even if the High Priest or Priestess is not ordained, it can be considered binding within some covens.

HIGH PRIEST or PRIESTESS: Technically speaking a High Priest or High Priestess is considered within Wicca to be a Witch who has received the their third degree initiation. But in many accounts it also means the leaders of a Wiccan coven, male or female.

IMBOLC- Is a Wicca Sabbat it is also considered the same as Celtic name for Candlemas.

INIATE: An iniate is someone that is about to be initiated.

INITIATION: An initiation can be a rite of passage or a formal commitment to ones path or both.

INVOKE: To invoke a God, Goddess, Spirit or Demon means to literally call forth into ones own self. When doing an invocation the one doing the invoking gives the God, Goddess, Spirit or Demon permission to inhabit the body of the one doing the invocation. This is done for special knowledge or divination and such.

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INVOCATION- An invocation is when either the solitary or the High Priest or Priestess Invokes the God or Goddess within oneself, they take within themselves the essence of an Entity/God/Goddess. This is most often carried out for some form of communication with the one that has done the invocation in the form of a medium so as to obtain important messages or information or special knowledge from the deity invoked.

LAMMAS- August 1st. Witch Festival. The Old Celtic name for this festival is

Lughnassadh. It is the Festival of the First Fruits, and is the first of the 3 harvests. This festival also marks the change of the Threefold Goddess energies from that of Mother to Crone.

LAW OF THREE: The Law of Three or the Three fold Law are one and the same thing. It is the belief that whatever you do -good or bane, comes back to you three times over or for as long as it takes for you to learn the lesson.

LEY LINES: Ley Lines are lines of energy on our earth. These lines of energy have been scientifically proven to exist.

LIBATION: A Libaration is most often an offering made to God, Goddess, Spirit, or Nature in the form of drink and this drink ranges

from fruit juice to hard liquor. The most basic example is the pouring of a small amount of liquid directly on the Earth. I do this.

MAGIC: Magic is the conscious movement of the energies around us with a specific INTENT in mind for those energies.

MAGICK: Magick with a 'K' is often used with in the new age or modern pagan movements to denote the difference between stage or illusion magick as carried out by David Copperfield and the magic that is practiced by actual magic users such as Witches and Mages. It still means the manipulation of energies in and around the practitioner for a specific reason, it is the INTENT that moves these energies.

MAIDEN: A Maiden is the equivalent of the virgin, or young and innocent girl or young woman. This term is most often used in association with Maiden Mother and Crone being a representation of the triple goddess within Wicca. The Maiden is associated with the waxing moon. This term can also be meant in the fashion of an appointment held by one of the women of the coven. The one termed such would most probably be the assistant High Priestess.

MOTHER: Within the religion of Wicca the Mother is most often used to refer to the triple aspect of the Goddess, the middle aspect that of the phase in life of a Mother, most often mid twenties to forties. What many do not understand is that you do not have to give birth to

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a child to enter into the Mother aspect of the Goddess. There are many that have mothering skills and urges that never give birth to a child. One can be a mother to a fur child.

OLD RELIGION: The Old Religion is another term used for Witchcraft.

OLD SOUL: The term Old Soul is often used for someone that has lived many past lives and their wisdom and knowledge seems to stem forth from their very soul.

OSTRA: Ostra is a Wiccan Sabbat on March 21st, however it is also a more Traditional Witchcraft festival time as well, being the Spring Equinox.

PAGAN: A Pagan can be anyone that is not Christian according to some dictionary's, but in the Pagan Communities sometimes the term Pagan is a generic term for someone that practices Witchcraft or Wicca. However the term Pagan can also be used by some that practice Witchcraft or Wicca to indicate that they are a practicing Witch that has not yet been initiated where as upon initiation that person then uses the term Witch instead of Pagan.

PANTHEON: A Pantheon is a grouping of Deities associated with a particular time or culture. For example you have the Greek Gods and Goddesses, and there are Celtic Gods and Goddesses specific to the

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Celtic religion, and there are also Norse, Gods and Goddesses. A Pantheon would be specific Gods or Goddess of a certain culture or belief.

PATRON DEITY: A Patron Deity is considered to be a particular Goddess or God that one feels most drawn to; some people have more than one Patron Deity. A Patron Deity is prayed to for guidance, visions, blessing, and more. It would be the one you feel comfortable with, or the strongest connection to.

PENTACLE- A pentacle is most often referred to as a star or pentagram within a circle. There are some that are taught that the pentacle is the star, I mean if you look in many thesauruses and look up the word pentacle then you will find within those other words that mean the same thing that *star* is one of those terms. But most often in today's pagan communities a pentacle is a star incased within the circle. It is believed to be a talisman and is often worn around the neck for protection and as a representation of ones faith, or beliefs. It is also a tool.

PENTAGRAM: The pentagram is most often in today's modern world considered to be the five-pointed star. With a single point uppermost, it is a representation of Earth, Air, Fire, Water and Spirit and to some with one point up it also represents the human being. Some believe that if this star is inverted, with two points uppermost, it

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can have Satanist associations; but not necessarily. There are also some traditions of Wicca that actually use the inverted pentagram to signify an initiate of the second degree. And within more traditional Witchcraft it is not uncommon for a witch to use an inverted pentagram to aid in banishing sickness, or bane.

POLYTHEISM: Polytheism is the belief or worship of more than one Deity.

PRACTITIONER: A practitioner is another term for Witch or someone that practices Witchcraft, Wicca, or even magic. Some Witches use the term practitioner over the term Witch because there are no negative ties to the term as there is to the title of Witch.

QUARTERS: The Quarters are compass North, South, East and West parts of a magical circle or other ritual area. (See also “Watchtowers”)

REINCARNATION: Reincarnation is the general belief that people live more than one life. That upon death it is only a new beginning and that your soul or spirit or chi will be reborn into another body and another life again.

SABBAT: A Sabbat is one of the eight Wiccan festivals or high holy days.

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SALAMANDER: A Salamander is an elemental of fire one could say it is an entity that dwells in the realm of Fire.

SAMHAIN: Samhain pronounced Sow en, is the festival of remembrance for the dead, held on Oct 31^s. It is considered New Years to some Wiccans the start of a new year, a new cycle. It is the last of the three harvests.

SCRYING: Scrying is a form of divination that usually utilizes such methods as mirrors, crystal gazing, smoke.

SOUL WITCH: A witch that is born a witch, not because his or her mother or father or grandmother or grandfather were witches, but because his or her very SOUL retains knowledge of being a witch in one or many past lives. I believe that what makes one a witch is not initiations, but something in the very soul of a Witch.

SPELL: A spell is often to considered to be much the same as a prayer. It is a directed thought to carry out a specific magical intent, a mental or verbal direction of magical energies toward the accomplishment of some specific goal.

SUMMON: To summon is to call forth, or to Invoke or Evoke someone or thing such as spirits, demons, angels, guides.

SUMMONER: The summoner is a coven person, most often a male officer of the coven who corresponds to the Maiden. He is the assistant High Priest. However this term can also indicate the one doing a summoning of a demon or entity, spirit or angel.

SYLPH: A sylph is the elemental of air, it is considered by some to be an “entity” or that dwells in the plane of Air.

TRAD or TRADITIONAL WITCH: A Trad or Traditional Witch is a practitioner that has either been born to or adopted into a family that teaches more Traditional Witchcraft.

TRADITIONAL WITCHCRAFT: Traditional Witchcraft is not the same thing as Wicca. Traditional Witchcraft is the forms of Witchcraft that have been passed down through time by family traditions of Witchcraft or by Old Covens of Witchcraft.

TRADITIONS: Traditions are apart of Wicca, not more Traditional Witchcraft. The only two true traditions of Wicca are Gardnerian and Alexandrian; all other traditions have formed from these two. There are many traditions within Wicca and more springing up ever day. These traditions are representations of personal beliefs and interpretations of original Wicca into eclectic Wicca and given form and reason in a new Tradition. Each tradition is important in it’s own way.

UNDINE: Undine is the elemental of water often considered to be an “entity” that dwells in the plane of Water.

WAND: The wand is a witches tool most often a short tree branch or fancy crystal encrusted device that is used to direct energies.

WARLOCK: There are many that believe that a Warlock means ‘Oath Breaker’ or one who lies, this meaning was coined in the Burning Times. It was used to denote a traitor to the Craft, or one who had betrayed the followers of the Old Religion. However that is not actually the meaning of Warlock it’s origin is Scottish and was simply a term for a male Witch in days gone by, but due to the negative connotations, it is not used by most Wiccans today. There are still some magic users that do not mind terming themselves a Warlock and do not view it as negative or as a one who lies or is an oath breaker at all.

WATCH TOWERS: The Watch Towers is a term that is originally from the Enochian branch of Ceremonial Magic, now incorporated into many “Traditions” of Wicca, these are the four elemental “directions” or “quarters. Watch Towers is not a part of more Traditional Witchcraft, but within Wicca some traditions will call the Watch Towers to protect the Circle during its formation. Each Watch Tower has a correspondence between the compass point, element, and

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color associations. This varies from Wiccan Tradition to Wiccan Tradition.

WICCA: Wicca is the fairly new religion of Witches. It is an eclectic blend of beliefs and religious and magical theologies. It has some basic roots in Traditional Witchcraft but is not one and the same as Traditional Witchcraft. Created by Gerald B. Gardner in the 1940's to 1950's. And currently one of the fastest growing religious faiths today. It is a beautiful earth based and life affirming religion that believes in both the Male and Female aspects of Divine.

WICCAN: A Wiccan is someone that practices the religion of Wicca

WICCAN REDE: *And ye harm none, do what thou wilt.* It is the Wiccan law of Harm None.

WICCANING: A Wiccaning or sometimes referred to as a Paganing is the Wiccan similar to that of a Christian Christening. It is a presentation of an infant to the Gods and the Coven.

WITCH: A Witch is a practitioner of Witchcraft. However in our modern times a Witch can also be someone that practices Wicca. The term Witch is more of a title indicating ones path in life. If you take upon yourself the title of witch remember that it is not an easy path to walk, and with this title comes responsibilities to self and to our

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Earth. If you are strong enough and brave enough to call yourself a Witch, then be strong enough and true enough to take responsibility for your actions, good or bane.

WIDDERSHINS- Widdershins is to turn, spin or cast in a counter clock-wise manner. Often used for banishing.

WHEEL OF THE YEAR: The wheel of the year is a term used to signify the eight Sabbats of Wicca. It signifies the seasons and turn of the year the circle of time, and the cycle of life and eternal life.

WHITE HANDLED KNIFE: See Boline.

YULE: The Wiccan Sabbat that is near the Christian Christmas. Yes there is a reason it is so close to the Christian Christmas, in days gone by when Christianity was a new fledgling religion to help convert more pagans to the new religion and make it easier for those that converted the Christians of old made their own holy days on or very near the old pagan festival days. Yule is not only a Wiccan Sabbat it is a pagan festival of old.

Color Correspondences

There is magic in color, power in color. It has been researched and proved that color has effects on the mind and body of humans, animals and plants as well.

Color is an every day part of our lives. Look around you, you can find color every where, inside and outside. You wear color, and you speak color also. Did you ever hear or say, “I feel a little blue today” Or “I bet he is green with envy” Maybe some one has a ‘yellow streak down their back’. Or did you walk into an office and the rich dark colors seemed so formal, and you felt stiff. Did you ever see the sky so blue it made you want to play hooky and just enjoy the most colorful day:)

Color is a powerful element in our lives. Color can enhance our lives and the lives of our loved ones. Color can be used to aid in ritual and spells. It is a healing tool and aid. But to understand how to use color in your rituals spells and most importantly in healing you must have an understanding of color. What color promotes what? What color effects emotions and outcomes?

Color can have affects and effects on our emotional, physical, mental and spiritual selves. The color of our walls, the color of our clothes, the color that we surround ourselves with from fabric to flowers. What follows is a list of colors and some of their correspondences.

Color and Correspondence

White

White or off white is the most important color. Actually artistically it is not considered to be a color but a tint, it is actually all colors, but no color because it reflects all colors. It is considered a goddess color. It is calming, spiritual, and peaceful as well. White is wonderful to use in protection and purification. It can be substituted for any color because white is actually EVER color...It is strengthening. You may want to start and end a healing session with white to stabilize the energy system and give the healing a boost:)

Corresponding Element: Sometimes used to signify Air.

Red

Red is the color of Physical Strength, Passion, Love, Lust, Sex, and physical Energy; it is also a symbol of Blood, and Courage. Red can also be for protection, and fast action and defensive magic as well.

Red is a stimulating color. It can be used to aid in the healing of colds and poor circulation and also in ailments with mucus. Too much red can aggravate conditions.

Do not use red for someone with high blood pressure, or with blood disorders that have to do with ease or overly bleeding.

Corresponding Element is Fire!

Corresponding Chakra is the Base Chakra

Pink

Pink is the color of Romantic Love, Self-Love, compassion. Can use it in situations of honor, spiritual awakenings, unselfishness, leadership and diplomacy. The healing of emotions, Peace, Caring, Nurturing. Pink is also for Emotional Partnerships, and good will.

Pink can ease anger and some tension. It can awaken or improve compassion, or love. Pink may be used in meditations to learn the hidden truths. It is a comforting color for emotional energies.

Pink can be used to stimulate the thymus gland and the immune system. If you start to feel a tad sick, pink may help.

Purple

Purple is a color used to enhance psychic abilities, it aids in self-assurance, spiritual power, finding the hidden knowledge, influencing people. It is great for situations that dignity, ambition, idealism, wisdom power, progresses, or independence is important. Purple is wonderful to use in healing to purify the system. Can be used to heal server diseases. The blue/purple can help to shrink things; the red purple is good to balance the polarities of the body. Purple may help ease a headache.

Note: too much purple may create or aggravate depression.

Indigo/Blue

The darker shades of blue are wonderful for a blood purifier and for assistance in detoxifying the body. It is good for opening blocked communication, and for protection, wisdom, and calm reassurance.

It is good for healing all conditions of the face...eyes, ears, nose and mouth problems. Is a good color for balancing the hemispheres of the brain. Has a very calming effect...good to use for meditation.

Note: Too much dark blue/indigo can cause depression.

Corresponding Element: Water

Corresponding Charka: The brow charka (third eye)

Green

Green is excellent for balancing our energies, to draw money, success, and fertility. To aid in the healing of our planet, and to increase our sensitivity. To aid in employment as well.

Green should **never** be used to heal cancerous or tumorous conditions, because it promotes growth!

Corresponding Element: The Earth

Corresponding Charka: The Heart charka

Yellow

Yellow is helpful in boosting the memory, accelerated learning, logic, intelligence, invoking spirits. For breaking mental blocks, and promoting yourself. (Burn a yellow candle while you study:)

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Yellow/lemon helps bring toxins to the surface so they can be cleaned out of the system. It is a healthy color to promote healthy tissue and bones.

Corresponding Element: Sometimes used to represent Air

Corresponding Chakra: The Solar Plexus chakra

Orange

Orange is good for general success, for career goals, legal matters. Orange can assist in healing of the spleen, pancreas, stomach, intestines and adrenal glands. Orange also aids in fighting depression. A good color to use after an illness.

Can burn an orange candle to attract a specific object of influences.

Effects the second chakra.

Silver

Silver and gray, can be used to amplify the effects of other colors, also aid in telepathy, clairvoyance, clairaudience, psychometry, intuition, dreams and astral travel and dealings.

Could aid in finding the metaphysical source of an illness. It is a goddess color.

Brown

Brown, is a healing and protective color for animals, mental conditions, can aid in awaking common sense, and discrimination. It

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is also helpful in ‘grounding’ and individual that has got his/her head in the clouds.

Black

Black is a color that is strong in banishing negativity, repelling, to bind, and it is strong in protection. It can be used to shield from the evil eye, or to repel black magic. It may be used to absorb an illness or to cast out/banish an illness.

Despite what you may think black is not an evil color it is used extensively in healing and protection.

Please remember All color is energy and when you interact with color you are dealing with vibrations, with energy. Do not use it lightly. Respect color and it can become a helpful tool to better your life and that of your friends and loved ones.

The above color information is a mixture of personal use through the years along with information from ‘How to Heal with Color’ by Ted Andrews, ‘Earth, Air, Fire and Water’ by Scott Cunningham, and from ‘To Ride a Silver Broomstick’ By Silver Ravenwolf as well as Candle Burning Magic by Anna Riva.

Candle magic...something important to remember when you are performing candle magic...colored candles have only been around for a short time. So again, do not loose the religion, spirituality or the magic in the generalities. In reality a white candle contains every

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color of the color spectrum, so a white candle can always be used to perform any given task!

Remember that color is an aid, it is supportive. Color can be found in candles, cords, clothes, stones and many more things to help in spells and magic. Good luck!

Scents and Incense Correspondences

These following scents are the typical correspondences, however just because it says one thing does not mean that it can not be used for another thing. And also, since everyone is so different and unique one scent may effect one person one way and someone else a totally different way. Use your common sense when dealing with scents!

Blue Berry: Burn to keep unwanted influences away from your home and property, it is cleansing.

Blue Roses: Specially crafted to honor the Goddess in all her aspects, also soothing.

Carnations: A sweet floral scent traditionally used for healing

Cherry: Sacred to Venus, this blend will attract and stimulate love

Cinnamon: Use to gain wealth and success, also wonderful aid in healing.

Coconut: Burn for protection and purification

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Copal: Sacred to the Mayan and Aztecs, this blend is suitable for honoring the Gods

Frangipani: Burn to brighten your home with friendship and love

Frankincense: Draw upon the energy of the sun to create sacred space, consecrate objects, and stimulate positive vibrations

Honeysuckle: Burn for good health, luck, and psychic power

Jasmine: For luck in general, especially in matters relating to love

Lotus: For inner peace and outer harmony, to aid in meditation and open the mind's eye

Musk: Burn for courage and vitality, or to heighten sensual passion

Myrrh: An ancient incense for protection, healing, purification and spirituality

Passionflower: For peace of mind, this sweet scent will soothe troubles and aid in sleep

Patchouli: An earthy scent used in money and attraction spells also considered to be a God scent.

Pine: Burn for strength, and to reverse negative energies

Rose: For love magic, and to return calm energies to the home, pick and white rose petals are also very protective.

Sandalwood: A delicious all-purpose scent used to heal and protect, also wonderful for purification

Spice: A fiery scent to be charged for any magic.

Spirit: Raise your personal vibration, attract spirit guides and honor your personal deity

Strawberry: For love, luck and friendship

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Tangerine: A solar aroma used to attract prosperity

Temple: A devotional incense for the altar during ritual

Vanilla: For love, and can stimulate amorous appetites and enhance memory

Astral or Astrological -Color Correspondences

Aquarius (Jan 20-Feb 18): Sky Blue

Pisces (Feb 19-Mar 20): Lavender

Aries (Mar 21-Apr 19): Red

Taurus (Apr 20-May 20): Green

Gemini (May 21-Jun 21): Pink

Cancer (Jun 22-Jul 22): Silver

Leo (Jul 23-Aug 22): Gold/Orange

Virgo (Aug 23-Sep 22): Navy

Libra (Sep 23-Oct 22): Green

Scorpio (Oct 23-Nov 21): Red

Sagittarius (Nov 22-Dec 21): Dark Blue

Capricorn (Dec 22-Jan19): Brown

SUN: peony, sunflower, saffron, cinnamon, laurel

MOON: hyssop, rosemary, moonflower, moonwort, garlic

MARS: garlic, tobacco, wolfsbane

MERCURY: fennel/finocchio, mint, parsley

JUPITER: basil, mint, henbane

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VENUS: lavender, vervain, coriander, laurel

SATURN: rue, cummin, hemlock, mandrake

Oil Correspondences

Amber: Soothing, Spiritual intellect, Success, Good Fortune

Anise: Peaceful Sleep, Youthfulness

Bergamot: Money, Success

Cinnamon: Attraction, Speed and aids in healing

Coconut: Purification, Peace, Intuition

Frankincense: Purification, Luck, Spiritual

Gardenia: Love, Peace, Romance

Heliotrope: Healing, Wealth

Honeysuckle: Money, Psychic Powers, Youthful fun.

Jasmine: Spiritual Love, Mental Happiness

Lavender: Calming, Healing, Peace, Love

Lily: Protection

Lilac: Protection

Lotus: Protection, Healing, Spirituality

Magnolia: Fidelity

Patchouli: Love, Money, Fertility

Peach: Love, Fertility

Peppermint: Healing, Luck

Rose: Protection, Love, Healing, Beauty

Sage: Wisdom, Purification, Cleansing

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Vanilla: Love, Lust

Violet: Love, Healing, Peace

Wisteria: Mental Powers

Sandalwood: Protection, Purification, Spirituality, All-purpose.

Stone and Tarot Correspondences

- 0 - The Fool - Turquoise
- I - The Magician - Tiger Eye
- II - The High Priestess - Pearl
- III - The Empress - Emerald Rose Quartz
- IV - The Emperor - Ruby
- V - The Hierophant - Topaz
- VI - The Lovers - Agate
- VII - The Chariot - Amber
- VIII - Strength - Cat's Eye
- IX - The Hermit - Peridot
- X - The Wheel Of Fortune - Sapphire
- XI - Justice - Emerald
- XII - The Hanged Man - Aquamarine
- XIII - Death - Bloodstone
- XIV - Temperance - Amethyst
- XV - The Devil - Obsidian
- XVI - The Tower - Garnet
- XVII - The Star - Rock Crystal

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XVIII - The Moon - Milk Opal

XIX - The Sun - Diamond

XX - Judgement - Malachite

XXI - The World - Jet

Stone Correspondences

All stones, crystals and or metals need to be cleaned before using for magical purposes. Review the section of this book on cleansing. With stones I actually love to bury them for a day or so and then wash them with running water. There are some that like to use salt water on them, and even better seawater. If you use sea or salt water on your stones then you will probably need a soft cloth to rub them with after they dry because of the salt residue. You can let them sit in the sun for a few hours or in the moonlight to clean them. But clean them if you plan to use them for magical or healing purposes.

AGATE It is only fitting that I start with Agates first since agates, especially the brown agates, are my most favorite stones. These stones are Chalcedony. Red, orange, yellow, browns; solid, grounding. Great for grounding, helps you accept circumstances. It is a powerful healer. Great for stomach, colon, liver, spleen, kidneys, ray/radiation.

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Moss: Draws new friends. Relieves exhaustion and heals problems with the neck and back. Money & happiness spells. Centering. Blood sugar, anorexia/food issues, lymph nodes. Balances emotions.

Blue Lace: Patience, peace.

Flame: Spiritual powers: Provides clarity during periods of transition. Stimulates awareness. Healing attributes: Enhances physical vitality. Treatment of burns and relieving pain.

Green Tree: Spiritual powers: Major abundance stone. Native American Power stone. Aids in finding purpose. Healing attributes: All around healing stone. Used for liver and sinus. Fine for capillaries and pain relief.

ALEXANDRITE (A chrysoberyl.) Clear violet-green, lt. blue or orange-yellow iridescence. Color changes with angle. Opens heart, solar plexus, and especially crown centers/chakras. For healing, centering, self-esteem. Rare and Powerful. Opens to higher self, Aids internal and external regeneration and has a positive influence on the nervous system, spleen and pancreas.

AMBER Is an ancient petrified resin (possibly pine tree). Projective. Elements: Fire & Akasha. Clear yellow or orange. Electromagnetic. Opens solar plexus charka for mental clarity, mood balance, confidence. Stomach anxiety, spine, Central Nervous System, brain, memory loss, cell regeneration. Excellent detoxification and

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protection from radiation, especially x-rays, sun, computers, airport, planes and others' energies.

Sacred use (incense/worn) by Asian and American Indians, and worldwide. Energy magnet, increases enjoyment. Aligns mental and emotional bodies. Used for both good luck and as a protective amulet and is extremely protective against negative magic which has been directed against you. Protects children. Great for navel and stabilizes kundalini.

AMETHYST Translucent, purple/lavender quartz. Strengthens endocrine and immune systems. Enhances brain activity and pineal pituitary glands. Great for imagery, mind quieting. Wear or place stones near you when sleeping or when awake to reduce anger, impatience, and nightmares. It is a wonderfully calming stone. Brow and crown chakras. Helps with blood sugar balance. Especially aids sobriety; alcohol/food/sex/other addictions. Keep in pet's water to reduce fleas. Calms fears, reduced stress, dispels doubts and negativity, relieves depression and promotes good judgement. Includes vivid dreams, increases mental powers. Helps draw pure, true, emotional love.

AQUAMARINE A beryl. Clear light blue, blue-green. Calms nerves and is uplifting, openness, innocence, light-heartedness, creativity, communication, self-awareness, confidence, purpose. Throat and spleen chakras. Heart, immune system, thymus, lymph nodes,

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especially: mouth, ears, etc. Affects etheric and mental levels. Releases anxiety, fear, restlessness, peaceful stillness. Great for seeing through people and protection.

AVENTURINE Green, it is a variety of quartz. Calms nerves, reduces fluid retention. Strengthens kidneys, liver spleen and thyroid. Purifies mental, emotional and astral bodies. Brings one into alignment with their center. Great for Independence, health wellbeing. Heals emotional pain/fear/imbalance by dissolving blocks in the heart chakra. Historically also draws out heat of fevers, inflammation, and stress. In your bath water, a soft, soothing stone for general healing. Much like Moss Agate. Protects the heart, enhances creativity, working with spirit guides, enables abundance and brings good luck and money. Healing: Works with lungs, heart, adrenal glands, calming troubled emotions, and sexual organs. Joy, balance, clarity.

BLOODSTONE A variety of chalcedony. Oxygenates bloodstream. Projective. Element: Fire. (Heliotrope) Solid dark green, red flecks. Electromagnetic (high iron). Cleansing heart and blood circulation, marrow, thymus, lungs. Charka root, heart.

CITRINE A variety of quartz. Good for kidneys, colon, liver, gallbladder, digestive organs and heart as well as tissue regeneration's. And is a great for detoxifying physical, emotional and mental bodies. As well as it enhances natural body healing abilities.

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Projective. Element: Fire. Great for Solar Plexus chakra. Problem solving, memory, willpower, optimism, confidence, self-discipline, digestion. Reduces anxiety, fear, depression, stomach tension, food disorders, allergies. Lightheartedness, cheerfulness, and hope. Attracts abundance.

COPPER Excellent energy conductor! Sends and amplifies thoughts, healing, and gem electrical energy into wearer's energy field. Next to skin: Detoxifies and soothes arthritis, rheumatism, other inflammation problems. 3rd chakra: stomach, intestines, etc. Warms, helps release resentment, anger, etc. built up in joints as arthritis. Exhaustion recovery, circulation, balances warm sun energy and cool lunar energy. Energize with sun. Great for blood flow and is an aid for exhaustion and sexual imbalance.

DIAMOND Projective. Element: Fire. (Carbon) Powerfully absorbs and amplifies thoughts/attitudes of user, other gems, and wearer's strengths and weaknesses. Enhances brain functions. Blocks up blockages. Master healer. Helps with alignment with higher self. Abundance, innocence, purity and faithfulness. Charkas, all.

EMERALD I love emerald stones. Receptive. A strong emotional balancer. Element: Earth. Beryl. Strengthens heart chakra for abundance, growth, peace, harmony, patience, love, fidelity, and honesty. Lifts depression, insomnia. Understanding of the heart,

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peaceful dreams. Breathing, heart, lymph nodes, blood, thymus, pancreas, helps rebalance blood sugar levels, aids in labor and delivery, eyesight, and astral field. Excellent general healer. Ancient blood detoxifier.

GARNET Projective. Element: Fire. Red: 1st and 2nd chakras. Warms, energizes emotionally and physically arthritis, frostbite, paralysis, grounds. Stimulates life force and sexuality, hormone balance, antibodies, fertility, persistence, stamina, passion, confidence and stubbornness.

GOLD Excellent all-purpose, high level gem amplifier and electrical conductor, especially on solar plexus and heart chakras. Strengthens, nerve system, digestion. Positively charged with warming sun energy.

HEMATITE Another one of my favorites! This is a beautiful stone when polished. Has positive effects upon the bloodstream. Activates spleen. Helps circulate oxygen throughout the body. Balances hemispheres of brain. Mental clarity, concentration, memory, practicality, helps study, bookkeeping, detail work, sound sleep. Confidence, willpower and boldness. Reinforces immune system, muscular aches and pains, blood disorders, leg cramps and fractures. Grounding & centering, focus, self discipline. Good for scrying. Draws illness out of body.

JADE Receptive. Element: Water. Solid to translucent green. Health, wealth, longevity stone. Ancient Chinese used also for courage, wisdom, justice, mercy, emotional balance, stamina, love, fidelity, humility, generosity, peace, harmony. Lungs, heart, thymus, immune, kidney and blood detoxification, nervous system. Androgynous. A gentle, steady energy. Nephrite: Sacred stone of protection. Can regulate metabolism and often used for colic in children. Builds self-esteem and confidence. Stimulates the adrenal glands, regulates metabolism and promotes white blood cells. Protection, wisdom & courage, forms a shield, good luck and prosperity.

JASPER Chalcedony quartz., multi-colored, solid. Yellow, orange, brown, green. Yellow for stomach, intestines, liver, spleen areas, earthy grounding. Green: Receptive. Element: Earth. Respiratory and or heart chakra. General tissue regeneration; mineral assimilation; general healing. Darker colors: more grounding Red: Projective. Element: Fire. Spiritual: Most powerful energy stone, stimulates sexual energy, protection, journeying. Healing: For liver, kidneys, bladder, aura cleansing and for extended hospitalization when energy is low. Yellow: Spiritual powers: Aids memory retention. Activates will. Heightens awareness. Brings clarity. Healing attributes: Regulates the nervous system. Soothes the digestive and urinary tracts.

MOONSTONE Receptive. Element: Water. Translucent with white, pink, yellow, soft shimmery sheen. Soothes stress, anxiety, women's hormones and menstrual imbalance, lymph nodes. Enhances intuitive sensitivity balancing personal feelings. Greater flexibility and flow with life. Connects 2nd and 6th chakras and pineal for emotional balance, gracefulness. Helps all to be more comfortable with our gentler feminine/yin receiving side. Especially for water signs.

MOTHER OF PEARL Receptive. Element: Water & Akasha. Gotten from the glossy pearly inside of pearl oyster shell, not actually a stone. Carries the gentle, peaceful healing energy of the sea. Relaxes, soothes emotions, sensitivity, stress.

OBSIDIAN Projective. Element: Fire. Solid/translucent black to smoky. Objectivity, dis-attachment, grounding. Protection, grounding, divination, peace. Absorbs and dissolves anger, criticism, fear, etc. thus protective.

Black: Absorbs dark and converts to white light. Friendly. Can't be misused. Root chakra. Brings higher chakra light into lower ones; cleanses, uplifts. Changes fear into flexibility with change.

Snowflake: Clairaudience and owning our lower aspects for growth, healthy balance. Spiritual powers: Brings purity and balance. Opens clarity for unwanted circumstances. Healing attributes: Used for creating smooth skin. Works with clearing veins and clearing eyes. Used to sharpen both the internal and external vision, one of the most

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important “teachers” of the New Age stones, teaches one the truth of oneself in relation to one's ego, depicts the contrasts of life-day and night, darkness and light, truth and error.

Green: Heals broken crystals and charges them.

PEARL Receptive. Elements: Water & Akasha. White: Symbol of pure heart and mind; innocence, faith. Of the sea, it has watery and lunar elements, thus balancing emotions, especially for water signs. Absorbs thoughts, emotions. For solar plexus chakra

PYRITE (Fool's Gold) Great for grounding. Used for focus, practicality, logic, memory, and clearing fuzzy thinking. Like Hematite Yellow chakra: stomach, intestines, ulcers; sulfur and mineral assimilation, circulation, body acidity imbalances, depression, illusions/lack of clarity about situations/people. Represents Sun's golden energy.

QUARTZ One of the most interesting stones/crystals in my opinion. (Rock Crystal) Receptive/Projective. All elements. Clear, many forms and colors! Probably the most versatile multi-purpose healing stone. Easy to cleanse, and it is easy to use for most any type of healing since the crystal can actually be programmed for specific intent or simply used to amplify energy and healing. Can both draw and send energy. Powerful clear ones open brow, crown, and transpersonal chakras for meditation, sending/receiving guidance. Stimulates

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natural crystals in body tissues and fluids to resonate at new healing frequency. Works with all chakras and master glands.

Rose: Projective. Element: Fire. Translucent to clear pink. Love, beauty, peacefulness, forgiving, lovingness, self-love, emotional balance. Gently soothes and warms heart center. Emotional healing, loss, stress, hurt, fear, low confidence, resentment, anger. Slowly eases childhood traumas/neglect/lack of love, low self-esteem. Cleanse and recharge often. Especially if fades. Aligns mental, emotional, and astral bodies. Spiritual: Self acceptance, healing emotional wounds, stress, calm, peace and reducing haste. Healing: Clears body fluids, reduces wrinkles, clears skin, pain relief, coughs, burns, blistering and lungs.

Smoky Quartz: *Smoky, root beer, or chocolate-colored clear crystals.* The clearest, most intense ones powerfully open the crown chakra drawing light down the root chakra, inducing Alpha/deep meditation for channeling/higher guidance, deep relaxation, lovingness. Ancient use also to stimulate meridians, kundalini, and correct fertility/PMS/reproductive imbalance. Stores info well. Alleviates fear, anxiety, depression, and emotional ruts.

Solid or semisolid black or brown, in color. Very grounding. May feel dense, heavy, nonconductive.

RUBY Projective. Element: Fire. Red corundum. Contains chromium. Helps to balance blood sugar levels. Warms, energizes after exhaustion. Strengthens physical and emotional heart (4th chakra),

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love, courage, confidence, vitality, stamina, strength, leadership, success over challenges. Intensifies all. Used for reproductive/root chakra; infections, cholesterol, clots, blood detoxifier. Stimulates circulation, pituitary glands, healing the earth.

SAPPHIRE Receptive. Element: Water. Blue, green, pink, purple, clear. Related to Ruby. Communication, insight, intuition, clairaudience, inspiration, spiritual prayer/devotion, peacefulness. Detoxifying skin, body. Antidepressant. Cools, contracts, soothes, thus reducing inflammation, fevers, nosebleeds. Strongest if next to skin. Especially for throat chakra.

SILVER I love silver, it is so magical to me. Gray kissed by the Gods! Excellent for mental, emotional, and physical releasing and cleansing. Works on mind/emotions to see overview, emotional balance, patience. Like the moon's energy, it has gentle, cool, smoothing effect. Thus it reduces inflammation, fever, nervous system stress. Best with the gentler, cooler-colored gems. Works with pituitary and upper energy centers. Generally Yin.

TIGER'S EYE One of my most favorite stones. Projective. Element: Fire. Chalcedony Quartz Cat's Eye. Yellow-gold. Confidence, willpower, clear thinking and clear speaking, personal power in life. Yellow/solar plexus chakra. Works on mental plane; amplifies thinking and manifesting what you think about. Helps separate

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thoughts from feelings, so centered, less emotional. Digestion, stomach, anxiety, ulcers, bones.

TOPAZ This is my own birth stone, the golden hue. Golden or pink crystal. Golden: The most powerful, electromagnetic of yellow/solar plexus gems. A strong, steady, high level gem for mental clarity, focus, perceptivity, high level concepts, confidence, personal power, stamina. Helps mood swings, insomnia, worries, fears, depression, exhaustion, nervous system stress, stomach anxiety. Also works somewhat with the crown chakra. Liver and pancreas detoxification, blood-sugar balance, tissue strengthener. Brings emotions and thinking into balance. Pink: Works also especially with the heart for love, spiritual compassion.

TURQUOISE Receptive. Element: Earth. Light blue/blue-green. A good general healer for all illnesses. It is a gentle, cool, soothing stone often used by Native Americans in jewelry and dressings. Thought to opens the throat chakra for open communication, creativity, serenity, spiritual bonding, uplifting; Opens the heart chakra for giving/receiving.

ZIRCON All colors. Clear, colorless, natural form: Works with the crown chakra and transpersonal point aids pituitary and pineal glands for Universal Truth, intuition, durability, steadiness, integrity and connection with “All That Is.” Eases depression, insomnia.

Herbal Correspondences

Angelica: Protects from evil. Can also be used to help set wards outside

Ash (wood): Invincibility. Strength

Balm Melissa: All healing. It's reputed to repel illness.

Betony: Protection against evil spirits.

Bracken: Fern seeds gathered at midsummer are golden and were used to make the wearer invisible and also bring gold.

Briar Rose: Protects from bites of dogs or snakes.

Clover (flowers and leaves): Brings good luck and assists with clairvoyance.

Daisy: Innocence and love.

Dill: Love.

Eglantine (sweet briar): Pleasure.

Elder (use only twigs, do not cut tree): Revered by the Ancients; Elder brings wisdom, joy and delight.

Elm: Childbirth (it is associated with Embla, the first woman in Norse mythology).

Fennel: A sacred herb held in great respect by the Ancients. Wards off evil spirits, bestows strength, courage, and prolongs life.

Harebell: The flower of witches, who used its juice as part of their flying ointment. It is associated with seeing fairies, goblins and earth spirits. It was also thought to bring bad luck.

Hawthorn: Marriage and fertility (not a very attractive smell).

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Hay: Pregnancy and fertility.

Hazel (use wood): Sacred in Celtic mythology for fertility and immortality. Wards off rheumatism. This is one of the most popular woods for making sorcerer's wands and dowsing rods.

Heather: Luck.

Honeysuckle: Fidelity and affection. Those who wear it will dream of their own true love.

House Leek (chicks and hens): Keeps evil away and the wearer will never be struck by lightning.

Hyssop (hyacinth): Purifying, cleansing.

Jasmine: Attraction.

Lady's Mantle: For women's problems. Use the pearl of dew that gathers on the leaves at dawn. Causes change in your life, brings luck. Aids spirituality.

Lavender: relaxing and stress relieving.

Lilac: Luck, love.

Lily of the Valley: Counters spells, attracts fairies.

Marjoram: Peace, happiness, joy.

May flowers: The base of the old wild magick. May flowers bring both adventure and chaos into your life.

Mint: Sharpens the mind.

Mistletoe: Energy, fertility, immortality. Protection from evil.

Mulberry: Headaches.

Mullein: Asthma, protection from evil.

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Nettle: One of the nine sacred herbs of the Anglo Saxons. Protection against demons and evil spells.

Oak: A sacred plant. Protection by the gods, strength, long life.

Onion: Protection against lung illnesses, colds, flu, and the plague, fends off evil spirits and mosquitoes.

Orchids: Desire, passion

Peony wood: A powerful charm against evil.

Poppy: A charm to assist those bewitched into love.

Primrose: Used by the Ancients to see fairies.

Rose: Pure love. Protection

Rosemary: Good memory, friendship, fidelity.

Rue: Luck and protection against the evil eye, freedom.

Saffron: Aphrodisiac.

Sage: Longevity, prosperity (do not cut this plant with metal).

Snowdrop: Used to quicken the passing of sorrow.

Sow Thistle: Increases strength and stamina, repels witches, invisibility from enemies.

St Johns Wort: Considered the most potent of herbs for driving away evil spirits and spells. Healing.

Strawberry: Sensuality.

Sweet pea: Good fortune.

Thyme: Relives giddiness and nightmares.

Violet: Love, humility, honesty, virtue.

Walnut: Robs an evil spirit of mobility, repels insects. It is the tree of Jupiter and brings the Gods' blessings.

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Wheat: Gaia's blessings, as it contains the spirit of the earth and harvest. Used for growth and fertility.

Willow: To ease sorrow and the loss of a love.

Yew: A sacred tree. Protection against evil. Do not cut the tree, gather only from the ground.

Traditions of Wicca

Traditions, this is one of the MAIN places that Witchcraft and Wicca differ. You see, there is no doubt that specific ways of practice have been passed down through time and family's where Witchcraft is concerned, however there is NO historical documentation, no actual documentation at all that can PROVE itself to be ancient. Most Tradition of the Craft have been handed down through the centuries by word of mouth. So in truth there is no record of a tradition, unless it belongs to that of a family, coven or particular witch that does not wish to diminish his or her way with publication.

Wicca, however, is a religion of many depths and faces, one might say it is a many faceted religion. Then again, so is each religion that I know of and as with other religions this one also has within it, many traditions. Kind of like denominations that are found within Christianity.

Each tradition is different and has its own beliefs and guidelines and rules and ways of doing things. Tradition, when you think of what a tradition is most would think that it is something, some way or practice that is handed down from family to family, coven to coven or person to person with its own rules and guidelines that have been adopted and modified over time.

A Tradition is simply something that becomes the norm, for any group, coven or individual. You can create your own tradition by doing some things the same each time, year after year. And in fact so

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many NEW Traditions have been created lately that there is no possible way to name them all here.

You will or should find that within the different Traditions of Wicca that there are many difference but their basic principles remain the same. In today's world with the explosion of the 'New Age Movement' there has honestly become just too many Traditions to name, however below you will find some of the best recognized and lasting Traditions to date and a short description of them.

Special Note on the following Wiccan Traditions, Wicca is a religion created on borrowing from other paths as far as can be documented, so any Wiccan path that claims to be Wiccan and of an ancient line such as Celtic is a contradiction in itself. Since the Celtic religion and other religions are actually ancient religions you can not have a Wiccan path that is ancient, as far as factual documentation can prove, since Wicca is a NEW Religion. Also please note that there is a difference in other pagan religions, there actually is an ancient Celtic religion, but it is not Wicca, there is an ancient Native American religion, but it is not Wiccan.

Lets start with Gardnerian since he is pretty much the founder of Wicca.

Gardnerian

This tradition is named for its founder, Gerald Gardner, who was one of the first to bring witchcraft back into the modern age. Gardnerian covens are stringently organized, and many details about

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their rituals are not available to non-initiates. Much of their knowledge can be traced back to Gardner himself, and is passed along as new covens are ‘hived’ off. There are ranks (degrees) that one can acquire through study and training. This specific tradition is a closed initiatory Tradition. Founded in England ca 1953 by Gerald Gardner. It was later further developed by Doreen Valiente and others.

Gardner gave his Tradition a ritual framework strongly influenced by Freemasonry and Crowleyan ceremonial magic, as well as traditional folk magic and Tantric Hinduism. Worship is centered on the Goddess and the Horned God. The tradition emphasizes polarity in all things, fertility, and the cycle of birth-death-rebirth. Eight seasonal Sabbats are observed, and the Wiccan Rede is the guiding principle. Covens work skyclad meaning they work naked.

Alexandrian

Alex Sanders was himself trained in the Gardnerian tradition, but his own teachings have spawned a distinct tradition. Much of the beliefs and rituals are similar to that of Gardnerian covens, but there are notable differences.

This Tradition was Founded in England during the 1960’s by Alexander Sanders, self-proclaimed “King of the Witches”. Alexandrian covens focus strongly upon training, emphasizing on areas more generally associated with ceremonial magic, such as Qabalah, Angelic Magic and Enochian. The typical Alexandrian coven has a hierarchical structure, and generally meets on weekly or

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at least on Full Moons, New Moons and Sabbats. Rituals are usually done skyclad.

Most Alexandrian covens will allow non-initiates to attend circles,

The above two are the only actual Traditions of Wicca, what follows are eclectic Traditions of Wicca that have evolved from Traditional Wicca. These following Traditions are important to modern Wicca, and are Traditions that have even further blended other paths within their teachings. I share with you here a list of Modern Wicca Traditions.

Amythystian

Founded in 1968 by Lady Amethyst.

Aquarian Tabernacle Church

Founded in 1979 by Pierre “Pete Pathfinder” Davis.

Blue Star

Founded in 1976 Norristown, PA by Frank Dufner (“the Wizard”) and Tzipora Katz.

British Traditional Witch

There is a mix of Celtic and Gardnerian beliefs, mostly based on the Farrar studies.

Celtic Wicca

Teutonic tradition, including the use of runes. This traditional is extremely earth based and strong in the religious aspects of the Craft

Caledonii Tradition

Formally known as the Hecatene Tradition, this denomination of the Craft is Scotticsh in origin.

Ceremonial

Less religion, more emphasis on the art and science of magick. Aleister Crowley. Detailed rituals with a flavor of Egyptian magick are popular, as Qabalistic ritual forms.

Dianic

This is the most feminist Craft Tradition.

Eclectic

Refers to groups and individuals not following any one particular Tradition or mythos, but incorporating elements of several,

Faerie Wicca

Kitchen Witch

This type is one that practices by home and hearth concentrating on the practical side of religion, magick and the earth and elements.

Minonian Brotherhood

A Gay Men's tradition established in New York by the late Lord Gwydion (Eddie Buczynski) in the mid - 1970's,

Odinism

Odinism is the indigenous religious faith of the Scandinavian, British and other peoples of Northern Europe; it is an amalgam of attitudes, ideas and behavior, both a personal faith and a communal way of life. You are expected to live your whole life according to the Odinit precepts.

Pictish

Scottish with a strong connection to nature in all of its forms. The practice is actually mostly magical with little emphasis on the religious aspect.

Pow-wow

Indigenous to S. Central Pennsylvania. This is a system, not a religion, based on 400 year old German Magic.

Seax-Wicca (Or Saxon-Wicca)

Founded by Raymond Buckland in 1973, and based on Saxon traditions and mythology

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Strega

Italian in teachings

There are many, many more New Traditions of Wicca you can find many of these on the Internet and in most Wiccan books. I know Raymond Bucklands Complete Guide to Witchcraft has a good section on Wiccan Traditions.

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Art Work Credits

The art work in this book is by myself and one other person. This person is talented and truly a wonderful lady. I am so blessed to have been allowed to use some of her unique and special works of art here with in this book. Thanks so much Bobi for your beautiful works!

Chapter Headings Graphic *Crescent with Pentagram and Tree*

created by Shewolf Silver Shadows



Section One Graphic *Witch lounging against the Trees with Wolf*

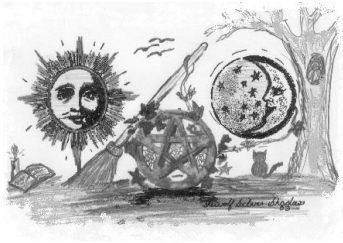
Spirit created by Shewolf Silver Shadows



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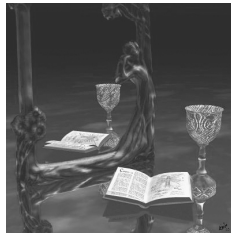
Section Two Graphic *Sun, Moon and Pentacle with ivy leaves*

created by Shewolf Silver Shadows



Section Three Graphic *Enchanted Mirror with Chalice and BOS*

created by ShadowWolf aka Barbara (Bobi) Wainscott-Orzell



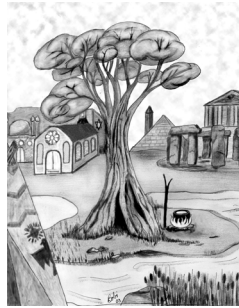
Section Four Graphic *Gateway and magical Cottage* created by

ShadowWolf aka Barbara (Bobi) Wainscott-Orzell



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Section Five *All Religions* created by ShadowWolf aka Barbara
(Bobi) Wainscott-Orzell



Author's Note *Nature* created by ShadowWolf aka Barbara (Bobi)
Wainscott-Orzell



Pagan Suppliers - Places to Buy from

If you discover a need to buy supplies, tools, jewelry, clothes, books and such then here are a few places I have either been to, bought from personally, or have had trusted friends recommend.

The first place I would suggest you check if you have Internet access would be The Witches Voice at [**witchvox.com**](http://witchvox.com) because you can actually click on your own state and your own town to find pagan type stores in your own area. I have discovered that Pagan type stores are often gathering places of Witches, pagans, and others that want to learn more of such paths as Witchcraft, Wicca, Magic and other Occult studies and ways. These type stores also often offer classes and share gathering times for those in your area.

Again if you have Internet access here are a few of the links I would suggest to buy from that I have either bought from myself with ease and received my products in a timely and safe manner. By the time this book is out and in your hands my own web site will probably offer a small selection of some pagan and gift type items. <http://shadowsofawitch.com> and the button will be **store**. But I can not ship outside of the United States yet... so what follows are some wonderful places to buy from.

*Shadows Of a Witch
For the Witch that Seeks Balance and Truth*

Charlotte's Web

Charlotte's Web has supplies for nearly all of your metaphysical, occult, and Witchcraft needs. At current they carry over 5,000 items, including ritual supplies, incenses, books, pagan, occult, and gothic jewelry, and much more for a variety of metaphysical needs.

This is one supplier that as a company is evolving, and growing.

Check them out online at... <http://www.charlottesweb-atl.com/>

And if you find yourself in the Marietta Georgia area please check out their amazing store, you just might find me there one of these days!

Marietta Georgia at 3595 Canton Road.

If you are looking for a store in your own area then I would suggest that you check out Witchvox.com. If you go to this site you can find stores that are local to you. Or close to you that you can actually visit!

The Dragons Treasure

If you discover yourself in the Upstate South Carolina area then you just have to stop in and visit Cindy at the Dragons Treasure! This is a small but wonderful pagan place. The folks that you will find

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there are so warm and kind and loving! Located in Greenville SC in the Old Fair Grounds area it is a must visit if you are in the area!

Or if you want to check them out on line you can do that as well at:

<http://thedragonstreasure.com/>

I think you will enjoy the place and I know that if you don't see what you want that Cindy just might be able to get it for you if you ask!

Whispered Prayers

I have actually not purchased from Whispered Prayers yet, but I have had trusted friends that highly recommend this place.

<http://www.whisperedprayers.com/>

The Pyramid Collection

I love the Pyramid Collection! They are a little expensive, but they have some really great and unique stuff! I even get a monthly catalogue from them!

<http://www.pyramidcollection.com/>

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Chaos and Pandemonium

Again, if you find your self in the upstate area of South Carolina you have to step in and visit those at Chaos and Pandemonium. It is a quaint shop with lots of atmosphere! They have wonderful warm get togethers from time to time in the store just so others of the community can get to know each other!

[http://home.bellsouth.net/p/s/community.dll?ep=16&groupid=117564&ck=&userid=1&userpw=.&uh=1,0,](http://home.bellsouth.net/p/s/community.dll?ep=16&groupid=117564&ck=&userid=1&userpw=.&uh=1,0)

Azure Green

I have personally used Azure Green many times and also sale some of their items so I do recommend this site! They are wonderful folks and the orders arrive in a timely and good fashion. Great online place!

Azuregreen.com

Triple Moon Witchware

<http://www.witchware.com>

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Amazon.com

You can also get some books and videos from Amazon.com from time to time for pretty decent prices! [Amazon.com](#)

Hope these help!

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Suggested Internet Links to visit

The Witches Voice Witchvox.com

Religious Tolerance Religioustolerance.org

Snowcat's Cave <http://www.catscave.com>

Dark Witchcraft <http://www.dark-witchcraft.net/>

Real Witchcraft <http://realwitchcraft.homestead.com/index.html>

Shadow Drake <http://www.traditionalwitchcraft.org/>

Scare Spite <http://www.angelfire.com/wv/clanndroen/hallpage.html>

Erisan's Trubble Witchcraft <http://www.erisiantrubble.com/>

Flax Flags and Fodder <http://www.1734.us/>

Wings for the Heart <http://www.wingsfortheheart.com/>

Midnight Enchantment <http://www.midnightenchantment.net/>

W.A.R.D. Witches Against Religious Discrimination

<http://www.ward-hq.org/>

Witches Way <http://witchesway.net>

The Robuck <http://members.aol.com/akcroebuck/index.html>

Pagans for Peace and Tolerance

<http://p4pata.homestead.com/index.html>

The Mesh Witches <http://grimoire.julyhummingbird.com>

Pagan Parenting <http://www.musicforthegoddess.com/parent/>

Drink Deeply and Dream <http://www.drinkdeeplyanddream.com/>

The Sanguinarius <http://www.sanguinarius.org/>

Groups

Witchelight <http://groups.yahoo.com/group/witchelight>

Dark Witchcraft <http://groups.yahoo.com/group/Dark-Witchcraft/>

Solitary Traditional Witchcraft <http://groups.yahoo.com/group/solitarytraditionalwitchcraft/>

The WolfPath <http://groups.yahoo.com/group/wolfpath/>

Witchgrove <http://groups.yahoo.com/group/witchgrove/>

The Pagan Way http://groups.yahoo.com/group/The_Pagan_Way

The Talk Depot http://groups.yahoo.com/group/The_Talk_Depot

Pagan Life Chat <http://groups.yahoo.com/group/paganlifechat>

In the Shadows of the Witch

http://groups.yahoo.com/group/In_The_shadows_ofthe_witch/

Positive Paganism <http://groups.yahoo.com/group/PositivePaganism>

Pagan Search Engine

Avatar Search a pagan search engine, bunches of sites

Avatarsearch.com

Shadows Of a Witch
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Suggested Reading

There is a lot that can be learned from books, never doubt that, but there is a lot more that can never truly be defined and taught within the pages of any book, including this one. When you start acquiring your library, which I have discovered that most pagans do, please remember that there are many great books out there and they are even greater if you read *between the lines* of those books. Remember too that you have to wade through the bullshit to find the roses, and only you can say if it feels like crap or carnation.

I am sharing with you here a few books that I think are helpful on the path of a witch whether you decided to be a more Traditional Witch, or a Wiccan Witch, or an Eclectic Witch, or someone like me that just loves to learn and grow. I think the following books are important in the pagan world.

To Learn of Wicca

Scott Cunningham:

Wicca: A Guide for the Solitary Practitioner

Wicca: A Further Guide for the Solitary Practitioner

Earth Power

The Truth about Witchcraft Today

The Complete Book of Incense, Oils and Brews

Cunningham's Encyclopedia of Magical Herbs

Shewolf Silver Shadows

And anything else by Scott Cunningham!

I think that Scott Cunninghams Works are truly an asset for anyone that wishes to call him or herself a Solitary Wiccan Witch!

Silver RavenWolf:

To Ride a Silver Broomstick, New Generation of Witchcraft

To Stir a Magick Cauldron, A Witch's guide to Casting and Conjuring

The Ultimate Book of Shadows, For the New Generation Solitary Witch

And many others by Silver RavenWolf. She also has some great Fiction books out that are fun and educational as well!

Like Scott Cunningham I believe that Silver RavenWolfs are a wonderful asset for any one that wishes to learn about the religion of Wicca. Silver's and Scott's books are both very easy to read and to follow.

Raymond Buckland

Buckland's Complete Book of Witchcraft

Raymond Buckland is pretty much the first Witch, Wiccan or no, to come out of the broom closet in the United States, that I know of. He has helped the religion of Wicca in many, many ways. His book is coven oriented, and more accurately Traditional Wicca than most other books out there on Wicca. Most Wiccan books are geared for the Solitary Eclectic practitioners. Buckland's more traditional Wicca

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and as I said, coven oriented, but has so much info and is a wonderful learning tool.

Yvonne Frost and Gavin Frost

The Witches Bible

The Witches Magical Handbook

What Witches Do

Frost and Frost have several more books out that are truly educational when it comes to Wicca. They do tend to be a little more coven oriented, but are still fantastic and educational if you want to learn about Wicca!

Marian Green

A Witch Alone

Easy to read and follow, great for the beginner that wants to learn of Wicca

Janet Thompson

Of Witches, Celebrating the Goddess as a Solitary Pagan.

Interesting and easy read.

StarHawk

The Spiral Dance

This book is more coven oriented, but is truly full of information on Wiccan Coven ritual.

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Doreen Valiente

Witchcraft a Tradition Renewed

Natural Magic

Doreen's book is very close to more Traditional Witchcraft, but still has a Wiccan basis. It is also more Coven oriented, but a wonderful learning tool for any Wiccan.

Sybil Leek

Diary of a Witch

Sybil's book is very interesting, and not quite like any other Wiccan/Craft books out there. I think it is wonderful for any Witch to have.

Laurie Cabot

Celebrate the Earth, A Year of Holidays in the Pagan Tradition

Wonderful more detailed book on the Wheel of the Wiccan Year.

Vivianne Crowley

Paganism

Konstantinos

Nocturnal Witchcraft, Magick after Dark

This Wiccan Book gives a greater understanding of night, and darkness within the pagan was. I enjoyed this work.

*Shadows Of a Witch
For the Witch that Seeks Balance and Truth*

John J. Coughlin

*Out of the Shadows, An Exploration of Dark Paganism and
Magick*

Ted Andrews

The Occult Christ

I also recommend his books...he has several 'How To' books out.
And for those that were Christians that have come to this path is has a
great book called The Occult Christ that is highly interesting.

Denise Zimmermann and Katherine A. Gleason

The complete Idiot's Guide to Wicca and Witchcraft

Raven Grimassi

Ways of the Strega

Wiccan Mysteries

*If you love to read fiction, you have got to check out Maggie
Shayne's books. She is wonderful when it comes to Witches and
Vampires. She adds in enough REAL stuff to make the book a learning
tool, but a fun fictional book to read as well! Yep I am a Maggie
Shayne fan;)*

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To Learn of Witchcraft

The bottom line is that there are not that many books out on Traditional Witchcraft. Hopefully one day we will see more.

Jerrery B. Russell

A History of Witchcraft, Sorceres, Heretics and Pagans

This College Professor has given a wonderful account of the History of Witchcraft. And also shows the origins of Wicca and explains how Wicca is not truly an old religion in a documented researched manner.

Charles G. Leland

Aradia, Gospel of the Witches

Gray, William

By Standing Stone and Elder Tree

Evan John Jones & Robert Cochrane, editor Mike Howard

The Roebuck in the Thicket

This book is listed in the Witchcraft section, but it is still not wholly more Traditional Witchcraft. It is however a very wonderful learning tool.

*Shadows Of a Witch
For the Witch that Seeks Balance and Truth*

Dr. Margaret Ann Murray

The Witch Cult in Western Europe

The God of the Witches

To Learn of Magic

There are several **How To** books out there by Llewellyn and many of them are wonderful on how to learn some form of magic or divination. However if you want to learn about Ceremonial Magic, what is considered to be High Magic I have only found ONE that I found easy to follow and understand and that is paced pretty reasonably when it comes to the actual lessons.

Donald Michael Kraig

Modern Magick, Eleven Lessons in the High Magickal Arts

Video Tapes

Discovering Witchcraft, A Journey Through the Elements – Janet and Stewart Farrar and Gavin Bone

In Search of History – Witchcraft, The History Channel

Witchcraft: Yesterday and Today, Raymond Buckland

Dark Mirror of Magick, The Vassago Millennium Prophecy

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Gotta Have!

I submit this book today, but yesterday I received a book in the mail that I ordered well over two months ago... and even though this section was complete I felt that I wanted to add this young ladies book in here as one of the must reads, and got to have books.

Starrfire Price

The Journey into Witchcraft, Step inside a Witches World

I glanced through this book and was highly pleased with what I saw! I had only planned to glance through it but wound up spending about two hours on it really checking it out and seeing it. I think that so far... Starrfire is the *only* author I have read that is *close* to my own ways of thinking. So I would highly recommend adding this book to your own collection.

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Shadows Of a Witch
For the Witch that Seeks Balance and Truth

Zimmermann, Denise and Katherine A. Gleason The Complete Idiot's Guide to Wicca and Witchcraft Published by Penguin Putnam/ an Alpha book Copyright 2000 ISBN 0-02-863945-6

Lady Dilana ©August, 1997. First appearing in the Lammas Issue Vol. 1 of the Minnesota Pagan Press .

History Of Wicca In England: 1939 - Present Day Anon
http://www.paganlibrary.com/reference/history_wicca_england-1939.php

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New Concise Webster's Dictionary Modern Publishing
ISBN:3009929550

Section on Was Jesus sent to be Crucified was discovered in an online yahoo group but I could not find who had composed the original article so it has been recomposed from it's original format so that I might share the common knowledge info here. The original Author is Unknown after months of searching.

Poem

CREATURES OF THE NIGHT

the silver moon rises as the golden sun sets
the moons milky rays shine on the soft powdered snow
the cries of a wolf is heard all though the night
tiny stars twinkle in the vast night sky
a gust of wind picks up the snowflakes and they dance for a short
while until the wind dies down and the snow falls to the soft still
ground
the brittle air is still
another cry of the wolf is heard and it breaks the silence
the raven walks across the delicate snow leaving tracks of packed
snow soon to be found
the giant bird lowers its beak and takes a drink form the silver lake
the still water reflects a shining circle off its surface
ripples wave goodbye to the raven as it fly's away making a soft
beating noise with its wings leaving a trail of snow behind
the sun starts to rise with its bright rays of red and gold
but the creatures of the night are soon to return

By

Meghan G.

A friend and student of mine.

Author's Note

Warm Greetings,

The truth is that Witchcraft or Wicca is just not what the average person thinks they are. There has been so many centuries of propaganda and slander against the pagan ways that the mere whisper of the word Witch or Witchcraft still makes others think of dark and evil practices no matter how loving and peaceful Witches mostly are. And honestly sometimes it is just impossible to get across to others just how truly beautiful Witchcraft and other paths such as Wicca really are.

It is not easy to walk the path of a Witch, but the connection to nature, and the divine and the peacefulness that comes from this path is worth it. Even if you can not come out and share it with the world because most of them just will not listen, and hear what our path is truly about, it is still worth the dedication and spiritual rewards that is part of being a Witch.

Remember that spirituality is for self, not someone else, and your spirituality is- in the end - only important to you. It only matters what you feel right with and what your soul feels right with. Not what society tells you is right or wrong.

I hope that you have enjoyed this book and in some small way discovered yourself one step closer to the finding your own personal balance. Please remember on your path of learning that personal

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*truth is something different to each individual, my own truth may not
be your truth, but it makes it no less the truth.*

*I wish you much luck and peace on your journeys. Be safe, be
Well, and may you discover the balance of your own soul.*

Warm Blessings to you and yours

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ONE STEP FURTHER

Do more than exist: **live.**

Do more than touch: **feel.**

Do more than look: **observe.**

Do more than read: **absorb.**

Do more than hear: **listen.**

Do more than listen: **understand.**

Do more than think: **reflect.**

Do more than just talk: **say something.**

Author Unknown

Nature and Spirituality are worth more than a token glance or gesture.

Anything worth doing is worth doing well!

**Please insert the Nature JPEG here
or across from this page so that you can see both
this one and the picture at the same**

About the Author

Shewolf Silver Shadows is a practitioner of Witchcraft. She has studied and practiced both Witchcraft and the Religion of Wicca in one form or another for over twenty years. She practiced Christianity for several years and has also studied Native American Religions. She highly believes in religious freedom and tolerance.

She is the founder of Pagans for Peace and Tolerance Alliance. She is a teacher of Solitary eclectic Witchcraft, but claims that she is forever a student as well.

Shewolf Silver Shadows has an Associate of Arts Degree, and is a business owner, but is first and foremost a mother. To Shewolf Silver Shadows nothing is more important than her child and her family. Nothing!

For those of you that need titles and labels Shewolf Silver Shadows is also known as Shewolf and by some as simply Shadows. She is a Natural Healer, a Spiritual Councilor, considered a degreed High Priestess, and is an Ordained Minister as well.

The author welcomes your comments and can be reached by the following methods:

Shadows_ofthis_witch@yahoo.com

Or visit the website at:

<http://shadowsofawitch.com>

Leave a message in the guest book with an email address.

